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NURSERY HINTS

*A MOTHER'S GUIDE
IN HEALTH AND DISEASE*

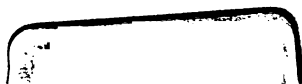
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NURSERY HINTS

*A MOTHER'S GUIDE IN HEALTH
AND DISEASE*

By NATHANIEL EDWARD DAVIES

LICENTIATE OF THE ROYAL COLLEGE OF PHYSICIANS OF LONDON
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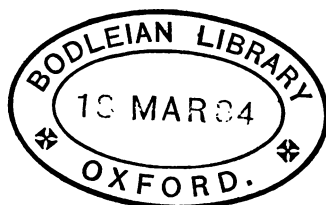
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PREFACE.

OF all unfortunate creatures born, the human infant, I believe, takes precedence, in the dangers and miseries it has to encounter in the first year of its existence, which are undoubtedly greater than those of any other living being. Nature, the best mother and the truest guide, has given to animal life instinct, and this seldom errs; but in the human race, this gift is assailed by fashion, prejudice, ignorance, and false teaching, frequently to the life-long detriment of the atom of humanity committed to its care.

When we wish to raise a splendid flower or a luscious fruit, we jealously guard the parent stem when it peeps above the ground; we then see it has warm, pure, and fresh air, and water at stated times, that it has earth suitable for its nourishment, and sun for its development; and having carefully tended it in its infant days, it is turned out into the world to fight the battle of its life. The plant that has received this care grows into the lofty tree, and repays by its fragrance or its fruit the toil expended in its rearing.

Is this the case with the infant?

Vital statistics supply a melancholy answer, and the fact that a quarter of all infants born alive perish in their first year, is incontestable proof that the ignorance of mothers in the rearing of their offspring during the first few months of their existence is the cause of untold suffering and death, and this not only in the dwellings of the poor, but also in those of the middle and upper classes.

To be able to call skilled assistance in every trifling ailment

NURSERY HINTS.

sprinkle cold water on its breast and face, first clearing the mouth of any phlegm with the finger. This will usually cause the child to gasp and cry, and in so doing establish the breathing.

7. Should this fail and there *be pulsation* in the *cord*, the infant should be separated from its mother, and put in a hot bath—90° F.—for one minute.

8. As long as there is any movement of a child's heart, which may be seen by watching its beat, close to the left nipple, there is hope of its surviving.

9. The signs of death in a newly born infant are: *no pulsation in the cord, peeling of the skin, dulness of the eye*, or if it has been dead some time, *putrefaction*.

10. In this case the infant may be removed without delay from the mother and placed in another room.

11. A medical certificate of the fact of its having been still-born will then enable it to be buried *without* funeral rites.

12. The average weight of a new-born child is 7 lbs., but they vary from 4 lbs. or 5 lbs. to 10 lbs. or 11 lbs., and in exceptional cases even attain a weight of 14 lbs.

13. The children of first pregnancies are lighter than those of subsequent ones.

14. The average length of a new-born child is about 19 inches, but they vary between 16 and 22 inches.

15. At birth a child's brain weighs about $\frac{3}{4}$ lb.

16. Idiocy depends upon an arrest of development of the brain from some cause before birth; this is known as congenital idiocy. (See 'Idiocy' and 'Signs of Intelligence').

17. If a child cries after birth, it generally arises from a feeling of *cold*, as it leaves a temperature of 98° F. to be exposed to one of 60° F., or under. (See 4.)

18. The sooner a child is washed after birth the better; it should be placed in a basin of *milk-warm* water, the head being held up with the hand, and gently sponged over first.

19. An infant should be well washed twice a-day, at nine in the morning and at six or seven in the evening; regularity in time of washing is important.

20. After the bath it is proper that the infant should be fed and then put to sleep.

21. A mother should bathe the child *herself*; in this way she will learn its peculiarities, its state of health, and the dawn of its intelligence and affections.

22. It is best not to use soap with very young infants, but warm water only, as soap irritates their tender skins, and in spite of care gets into the eyes and nose.

23. If soap is used it should be 'Castile soap,' and the child should be well sponged to remove it all.

24. The child's face should be washed with a fresh supply of water, not with that used in washing the body. (See 18.)

25. After washing, the child should be thoroughly dried with a warm soft towel, and dusted over with powdered starch, or violet powder—which is, or should be, powdered starch scented.

26. If the child has a cold or diarrhoea, the bath should be omitted, the child being sponged and well dried.

27. The child's bath acts as a tonic to its nervous system, and the drying, by its friction, aids the circulation of the blood, and cleanses the skin of the products of perspiration.

28. An infant's clothes and napkins should never be washed with *soda*; this is a frequent cause of fraying between the buttocks.

29. Before the child is dressed the navel string should be examined to see that it does not bleed; if it does, it should be re-tied half an inch nearer the body, with three or four pieces of stout thread rolled in one.*

30. The navel cord should be passed through a hole about the size of a shilling, in a piece of clean linen four inches square, greased over with benzoated zinc ointment or lard, and this, folded over, should be retained in its place by the 'belly-band.'

31. Scorched or greased rags are only used by *ignorant* nurses,

* In animal life this cord is gnawed through by the mother, and the laceration caused arrests its tendency to bleeding; in this way we can account for the fact, that limbs torn off by cannon shot or machinery seldom bleed.

and should be discountenanced ; and dip candle-grease has no virtue beyond time-honoured custom to recommend it.

32. The navel string drops off in six or seven days ; it should be allowed to separate of itself : to pull at it may occasion dangerous bleeding.

33. If the navel be ruptured, a piece of cork cut the shape of half a marble and covered with soft linen should be placed in the navel aperture, and secured by a long strip of diachylon plaster carried around the body over the part.

34. The little sore left should be dressed with spermaceti ointment ; it heals about the twelfth day.

35. Navel-bleeding killed eighty-six children in 1880.

36. The belly-band should be a strip of fine flannel, 4 inches wide, and long enough to go two or three times around the body ; it should *not* encroach on the chest.

37. The belly-band should be stitched on or fastened with 'safety' pins daily, and worn for ten or twelve weeks, when it may be dispensed with.

38. The obstinate crying of many an unfortunate child arises from a pin sticking in its flesh, and no *healthy* child *persistently* cries without some *remediable* cause.

39. When an infant is suffering from a cough, or is much given to crying, the belly-band should be used for two or three months longer.

40. After the child is dressed it should be put to the breast, *even* if there is no *milk*, as it excites the earlier flow.

41. The first milk that comes from the mother acts as a purgative ; this saves Castor Oil and the numerous purgatives old nurses are so fond of dosing infants with.

42. The *only* food a child should have until the mother's milk comes, is a mixture of two parts of new cow's-milk, and one of water sweetened ; a few spoonfuls of this may be given every two hours.

43. Do not accustom a new-born child to the feeding-bottle, unless it is to be *dry* nursed, *of which more by-and-by*. But give the milk-and-water warm, with a spoon.

44. If this comes up curdled, put a few drops of lime-water in each supply of food. (See 'Diet,' page 130.)

45. An infant's bowels act four or five times a-day, and the bladder is emptied oftener than that; therefore frequently examine the napkins and change them.

46. See that the parts are sponged, dried, and powdered before you put on clean ones.

47. If this is not done the excretions of the bowels and bladder soon cause soreness and blistering, the beginning of infantile troubles.

48. The first evacuations from the bowels of new-born children are greenish brown, or almost black, and sticky.

49. After this the evacuations through infancy become bright yellow in colour, like mustard, having but slight smell; observation of the motions will enable a mother to detect *early* derangements of the stomach or bowels.

50. A *dark green* colour of the motions generally indicates serious disease of the stomach or intestines.*

51. An infant may sometimes pass a motion containing curd or mucus, and the next be quite natural; but the evacuations should *not* be *persistently* 'liquid.'

52. When the child's buttocks become sore from diarrhoea or an acid state of its water, they should be frequently cleansed and dusted, but *not washed*. (See Appendix 1.)

53. A little vaseline or zinc ointment should be rubbed over the sore part, especially the last thing at night, after the bath.

54. As infancy passes into childhood, the frequency of the action of the bowels diminishes, and the motions become firm.

55. When the secretion of water seems deficient, and therefore irritating, a few drops of sweet spirit of nitre two or three times a day is a good remedy. (See also Appendix 3.)

56. The infant's cot should be roomy, so that it can kick about; this is its way of taking exercise, and the cot-linen should be sweet and clean, and frequently changed.

* Dr. Tanner.

57. It is a mistake to begin rocking a child to sleep; this system *once begun* cannot be left off. (See 346.)

58. Nature has meant a healthy child to sleep nearly all its time away, and if in health and comfort, it will do this whether rocked or not.

59. The best way to make children sleep is to carry them out in the open air during the day, and this can be done from their earliest infancy, if proper precautions are taken against cold.

60. During the first three or four months of life they should be carried in *arms*, as they are not so likely to take cold as in a perambulator, especially in cold weather.

61. The nursery or sleeping-room, in cold weather should be warmed with *a fire*, as this not only keeps the room at a proper temperature, but also ventilates it.

62. Hot-water pipes or stoves are very injurious in rooms occupied by children; as they *dry* the air and keep the room *close*.

63. Light has also great influence on the well-being of children; the nursery should face the sun and have large windows.

64. Children kept in close, ill-ventilated, dark rooms, become 'chlorotic' (*i.e.* pale and bloodless) and rickety, and develope in such congenial soil any hereditary taint, such as scrofula. No room can be wholesome where the rays of the sun do not enter; not only do they light, but warm, their heat being healthier than artificial heat. (See Rickets and Scrofula.)

65. Everyone knows the necessity for sunlight in vegetable life; plants grow pale, delicate and sickly without it, and children are affected in the same manner.

66. A nursery should be on the upper floor of the house, and as large as possible, for the sake of ventilation and exercise, when the infant begins to crawl and run about.

67. The walls should be papered with a light, lively-coloured paper, and the temperature in cold weather warmed to 60° F.; the fire should be *guarded* with a wire protector.

68. It is an error to suppose that by exposing children to cold you can harden them: they will be killed in the process; infants *rapidly part with their heat*, and are very sensitive to change of temperature. (See Bronchitis.)

69. A child's napkin should be made of old calico—not linen,—as this is soft; it should be three-quarters of a yard square.

70. The clothing and bibs should be frequently changed, as the milk spilt over them soon becomes sour and offensive.

71. The growth, progress, and *ruddy* health of the child will more than repay this trouble—which should really be a pleasure to the mother.

72. The windows of a child's sleeping-room should be opened when it is out of the room, to purify the air. Too great attention cannot be paid to this matter; these little items make all the difference between ruddy health and a sickly, unhealthy child.

73. In early infancy a child breathes on an average thirty-nine times per minute, and the respirations vary from between thirty to fifty the first year.

74. The average frequency is :

From 2 months to 2 years,	35 times						
„ 2 years to 6 „	18	during sleep,	23	when awake			
„ 6 „ 12 „	18	„	25	„			
„ 12 „ 15 „	18	„	20*	„			

75. A child does not raise its head off the pillow until about two months old, and it does not sit erect until four or five months old.

76. An infant should not sleep with its mother, but in a cot near her. (See 2.)

77. An infant instinctively creeps under its mother for warmth, and thus frequently gets overlaid and suffocated.

78. 1,176 children under fifteen years of age died of suffocation during the year 1870, and 1,063 of these perished during *their first year*. This fact shows the necessity of a cot for infants, and careful watching during the night. The cot should *not* be placed in a draughty part of the room, and the covering should be *plentiful*, but *light*.

* Dr. Ellis.

79. A healthy child sleeps twenty out of the twenty-four hours, and wakes up quiet and smiling—that is, if it is a child of ordinary amiability.

80. In illness, it is well to remember when a child wakes up *fretful, frowning, or languid*, as the commencement of the attack dates from that.

81. Children shed no tears before they are three or four months old.

82. The earlier a child sheds tears, the better for its mental powers and well-being.*

83. A nurse should not wash a new-born child's head with spirits, give it castor oil, rue tea—or other medical concoctions—sugar and butter, gruel, or pap; she should not be allowed to break what she calls the nipple strings (there are no such things), or use any other than safety-pins in any part of its dress.

84. Ignorance seems the especial privilege of the 'monthly nurse,' and the early troubles of infant life are often due to her interference.

85. Physiological knowledge and common sense she abhors, and her nostrums seem to have come down from primeval times.

86. After her departure, choose as a nurse for your first child, a middle-aged woman of steady and cleanly habits, and if possible one who has had children herself.

87. To entrust the superintendence of your infant's outdoor exercise to a young and giddy girl, who will heedlessly carry it where there is fever, or leave it to starve in its 'perambulator'—the coffin of many an unfortunate infant—may lead to results that can never be remedied.

88. 'The strength of a chain is its weakest link,' so all the care a mother herself bestows upon her offspring, may in a few minutes be cast to the winds in her absence, by indulging in the questionable economy of a youthful nurse.

* Dr. Trousseau.

NATURAL FEEDING.

89. Nature exacts a heavy penalty from those who fail in this duty, and unfortunately imposes it alike on the guilty mother and innocent offspring.

90. "There can be no question whatever of the incomparably greater value of breast milk over any method of artificial feeding, both as regards the chance of life and the perfection of the infant."*

91. 'Can a woman forget her sucking babe?' asks the Prophet. Facts seem to show that she can and does, and her own selfish gratification often takes the place of her regard for the helpless atom of humanity placed in her care.

92. A mother who does not suckle is more liable to peritonitis, inflammation of the womb, abscesses in the breast, cancer of the breast or womb, and many other diseases.†

93. A woman's health is more robust during suckling, and only when it is continued *too long* do evil consequences ensue.

94. If a child thrives upon suckling its mother, it may be taken as a conclusive proof that her milk is good, and no FICTITIOUS AID IS NECESSARY.

95. No more disgraceful custom can well be imagined than that of a healthy woman neglecting the duty of suckling, unless it be that of a medical practitioner sanctioning such an impropriety.‡

96. Only when a mother is suffering from constitutional disease, such as consumption, puerperal fever, abscess of the breast, insanity, or other serious illness, should a wet nurse or artificial feeding be resorted to.

97. Some women are also physically unable to nurse owing to retraction of the nipples, or poverty of the milk; in these cases exception must be made, but before doing so the medical attendant should be consulted.

* Dr. Ellis.

† Dr. Decaisne.

‡ 'Medical Maxims.'

98. When a mother suckles her own child, under *no circumstances* should it have any other sustenance during the first seven months of its existence, unless a competent physician orders otherwise. *This rule cannot be broken without disastrous results to the infant.*

99. All artificial foods are injurious, and there is no equal substitute for human milk procurable by any but the wealthy, and in their case it is a poor one. (See page 129.)

100. A mother's milk, when she is healthy, and of temperate and careful habits, is not sour, rancid, or unwholesome; it cannot be contaminated by drainage, or poison, nor be watered by unprincipled milkmen, as other milk generally is.

101. As it is rare that a woman is physically unable to nurse her offspring, the above reason alone ought to prevent the feeling of indolence, or the dictates of fashion from influencing her to shirk her all-important duty. Where disease and death arise from neglect of suckling, the sunken eyes and sad wan face of the dying child, should be terrible accusers.

102. 'Infants at the breast, supplied with good milk and plenty of it, seldom show any signs of scrofulous disorder, whereas as soon as they are weaned they become subject to various complaints of a strumous kind.'*

103. A mother's milk contains every element necessary to form blood, bone, and muscle in her offspring until the period of dentition arrives.

104. Composition of milk of various animals.

	Woman.	Cow.	Goat.	Ass.
Caseine (cheesy matter) and insoluble salts . . .	3.35	4.55	4.50	1.70
Fatty matter . . .	3.34	3.70	4.10	1.40
Sugar of milk and soluble salts . . .	3.77	5.35	5.8	6.4
Water . . .	89.54	86.4	85.6	90.5
	100.00	100.00	100.00	100.00

* Sir Thomas Watson's 'Lectures on Medicine.'

105. The cheese of milk plays the same part in infants' food as meat does in that of grown-up people—the cream the part of fat—and the sugar that of sweet vegetables.

106. The salts in milk go to make bone and give tone to the system, the most important being common salt and phosphate of lime.

107. Human milk has a specific gravity of 1032·67.

108. Observations disclose the fact that 66 per cent. of those infants brought up on breast milk alone show *good development*, 23 per cent. *medium*, and 14 *bad*; whereas of those brought up by hand, only 10 *per cent. show good development*, 26 *per cent. medium*, and 64 *bad*.*

109. Suckling children should be nursed at regular intervals, and allowed to remain until they are satisfied, and then removed. (See 120.)

110. It is a bad plan to feed or suckle an infant every time it cries, to quiet it—infants soon acquire bad habits: suckling at irregular intervals ruins a child's digestion and a mother's peace of mind at the same time.

111. To give a child the breast, when perhaps it is crying from 'wind' or an overloaded stomach, only increases the mischief; and yet how frequently this is done!

112. As an infant has a small stomach, it should not be overfed with too much milk at a time, but, as its digestion is rapid, should have its sustenance often. (See 120.)

113. If the infant is suckled at regular intervals during the day, with its last meal at ten, the next may be at two or three in the morning, then at seven, and this regularity may be maintained.

114. By this means a mother will have proper rest, which is essential to her health, and to that of her child.

115. The nipples should be dried each time, after the child has done suckling; this prevents them becoming sore and cracked.

* Dr. Routh.

116. Sore nipples in the mother are often the cause of sore mouth and lips in the suckling infant.

117. Where the nipples are cracked, a little powdered gum dusted over them is a good and safe remedy, and generally heals the mischief.

118. The liver of an infant is very large, so that if the infant is laid on its left side after suckling, the weight of the liver pressing on its stomach will often cause vomiting. *Mothers should remember this fact.*

119. 'If difficulty occur in a child suckling the right breast, its legs should be turned under its mother's right arm, so that it may be allowed to suck lying on its right side.'

120. A child under two months old should be suckled every TWO hours; between THREE and FOUR every TWO hours and a HALF; between FOUR and FIVE, every THREE hours; between FIVE and SIX every THREE HOURS AND A HALF, and at SEVEN MONTHS every FOUR HOURS.*

121. The above table applies to children fed either naturally or artificially, *i.e.*, by breast, bottle or hand.

122. A healthy woman gives about three pints of milk daily, which is about what a child consumes in each twenty-four hours for the first three or four months.

123. This is equal to rather more than two pints of cow's milk, and *this fact should be remembered in bringing up children by hand.*

124. A mother during suckling should have a generous diet of milk, eggs, vegetables, beef, mutton, chicken, fish, soup, rice, sago, farinaceous puddings, etc.

* The following passages from the 'Koran' are interesting as illustrating the duties of mothers, as defined by Mohammed. 'Mothers after they are divorced shall give suck unto their children full two years to him who desireth the time of giving suck to be completed.' . . . 'But if they choose to wean the child before the end of two years by common consent and on mutual consideration, it shall be no crime in them.' —Koran, chapter ii. It would be interesting to know why Mohammed ordered thus, and what the effects were on mother and child; anyhow his followers in those days fought well.

125. She should avoid stimulants, with the exception of two glasses of ale or stout—*not more*—and should not taste rich and made dishes.

126. She should have plenty of fresh air and moderate exercise; by these means she will keep up a good supply of healthy milk: the plump, rosy appearance of the infant will show this.

127. She should not indulge in outbursts of passion, as it is a well-authenticated fact that these have a most injurious influence on the milk.

128. Pea-soup, lentil-soup, turnips and parsnips increase the supply of milk, so do cocoa, chocolate, cod liver oil, and fats.

129. Milk vetch boiled in water is used by the poor in some parts of England, and is said to increase the flow of milk.

130. A mother naturally takes great interest in the dawn of intelligence in her offspring, whether it is quick to notice, and has its proper mental faculties, etc.; the following are some of the indications to be observed.

131. Two weeks after birth a child's eyes will follow a bright light, and it will begin to smile.

132. At three months old a child will begin to use its hands, and at three or four months to know familiar faces.

133. The tongue in infancy should always be kept in the mouth, and the child should be able to hold its head up at three months; if it is *IDIOTIC* it will *not* do so.

134. As a rule a child should have some notions of language at eight to sixteen months, should begin to walk at ten to sixteen months, and put weight on its feet when held out to walk at nine months.*

135. To show what an accommodating organ the stomach is, after childhood, observe the following facts: Savages live on roots and fruit, Hindoos live on rice, West Indian Negroes fatten on sugar, the Lombard peasant on maize, while the Esquimaux gluts himself upon the blubber of the seal.

* Dr. Ellis.

136. On the coast of Coromandel, horses are fed on balls of boiled flesh mixed with grain, and it is on record that a lamb kept on board a ship was fed with flesh, until it refused the grass when afterwards turned out into a meadow.

137. Before the art of market gardening was cultivated in England, scurvy was a very much more frequent disease than it is now.

138. Catherine of Aragon could not procure salad until a gardener was sent for from the Netherlands to raise it.

139. Young children and growing youths generally thrive upon a generous diet of animal food; the excess of nutritive matter is consumed in the development of the body, and if properly digested imparts strength without repletion.

140. 'Adult and old persons require but comparatively little aliment, unless the nutritive movement be accelerated by violent exercise and hard labour.'

141. According to Cæsar and Diodorus Siculus, the Ancient Britons lived almost entirely on flesh and milk.

142. 'Some physicians hold that Nature has implanted in us instincts sufficiently strong to direct what is good or harmful to eat and drink; but it is to be feared that man has so long forsaken the simple laws that Nature has instituted for his guidance, that she has abandoned her charge, and left him a faithless guide and usurper in the appetite to which civilization has given birth.'

143. Eggs come next to milk in point of digestibility and nutriment; they are laxative raw, and constipating when cooked.

144. Hippocrates says that eggs are *strong, nourishing, and inflating*. Strong because they contain the germ of an animal, nourishing because they nurse it, and inflating because they become dilated from a tiny particle to a large size!

145. Bran bread is very beneficial in childhood, as the constipating effects of the starch in bread are remedied by the mechanical irritation of the bran in the bowels, causing their free action.

FEEDING BY HAND.

146. The artificial feeding of infants causes indigestion, flatulence, consumption, atrophy (wasting), rickets, water in the head, mesenteric disease (*i.e.*, disease of the glands of the bowels), and nearly all the ills that infant life is heir to.

147. There is no task more difficult than rearing *healthy* children on artificial food ; it is not too much to say that it is impossible.

148. It is said to be a statistical fact, 'that if one hundred children are put out to dry nurse, with the best supervision and every care taken, in less than three months seventy or eighty of the number will be dead.'*

149. To show the frightful mortality of infant life, out of a total death-rate for England and Wales at all ages in 1882 of 516,813, the appalling number of 125,147 died under the age of *one year*.

150. Out of that number it may be assumed as an incontrovertible fact that 100,000 died from preventible causes, dry nursing being the greatest.

151. Such a mortality as this in sheep or cattle would call forth stringent legislation, but apparently infant life is of no value to the State.

152. If anyone doubts this, let them observe the precautions taken to prevent the spreading of *foot and mouth disease in animals*, and then of *scarlet fever in infants* !

153. The pinched, old, melancholy appearance of dry-nursed children, worn out with griping, sickness, diarrhœa, and sleeplessness, is pitiful to behold.

154. Where, from physical reasons, such as deficient or retracted nipples, abscess of the breast, puerperal fever, hereditary disease, insanity, or other causes, a mother cannot nurse her own child, a wet nurse should be procured, IF POSSIBLE.

* Dr. Youl, Coroner for New York.

155. It may be necessary after a month or two's suckling, in women of low vitality, to wean or artificially feed the child; here, again, a wet nurse is required.

156. In this case the increasing weakness and pallor of the mother, the watery and deficient state of the milk, and the pinched, hungry, emaciated appearance of the child, with its wailing, unsatisfied cry, will indicate the necessity.

157. Under these circumstances it would be cruel to the mother, and fatal to the child, to delay, and the demand for a wet nurse or artificial feeding arises, and should be met.

158. A wet nurse should not be allowed to nurse more than *one child*, and her age should be between twenty and thirty.

159. Her skin should be free from eruptions, her teeth sound, constitution strong and healthy, and she should be free from hereditary and acquired disease.

160. Her breasts should be firm, with good nipples, and her confinement recent; a strict investigation should be made to see that she is not *scrofulous*.

161. The medical attendant should be asked to enter into these details before the child is placed in her care.

162. The food of a wet nurse should be nourishing and plain, much as she has been used to, with a moderate amount of animal food taken regularly, and at the proper intervals supplemented with *one pint* of porter daily, and *not more*.

163. It is a mistake to cram a wet nurse with better food than she has been accustomed to: it only upsets her digestion, heats the system, and by so doing makes her unfit for the duty she is called upon to fulfil.

164. It is said that brunettes make better nurses and give better milk than blondes.

165. A wet nurse should take plenty of exercise, and plenty of sleep; her habits should be cleanly, and her temper equable.

166. Should a wet nurse not be procurable, or the expense be too great, recourse must be had to the 'bottle.'

167. Improper use, and a want of cleanliness in the 'bottle,' has killed more children than fits, and the ease with which they

can be fed to death, or rather starved with them, is the curse of this generation.

168. Among mothers of illegitimate children, artificial feeding is a legitimate way of getting rid of them, and it is difficult to accuse a mother of starving her offspring, when perhaps she is over-feeding it; but nevertheless slowly, painfully, and surely killing it.*

169. If the milk be overwatered, and sugar and flour added in too great a proportion, the child does not receive food that nourishes it, and therefore soon begins to lose health. (See 188.)

170. Two or three feeding bottles should be in use; they should be changed after *using* each time, and always when not in use kept *immersed in cold water*.

171. During artificial feeding the first thing to be observed is that relating to the perfect cleanliness of all bottles, etc., employed; the success of the process depends in a great measure on this.

172. The value of an artificial food will depend much more on the *easiness of its digestion* than on the *quantity of nourishment* it contains.

173. In choosing a substitute for the mother's milk, that animal milk should be selected which in its composition, and the proportion of nutriment it contains, approaches nearest to human milk. (See page 18.)

174. Ass's milk is, on account of its easiness of digestion, frequently recommended for infants and delicate children, but it is not as suitable as good cow's milk.

175. It contains more sugar and less cheesy matter than other milk; it is not unlike human milk in composition, and quite as easy, if not easier of digestion.

* 'The danger of feeding infants on biscuit food was illustrated recently at Exeter where the City Coroner called attention to several cases in which death had occurred through such a practice. It seems to be a hard task, that of teaching mothers that milk is the only true food for infants under the age of six or eight months.'—From *Health*, a weekly journal, containing valuable information in domestic matters, edited by Dr. Andrew Wilson.

176. Condensed milk is not to be preferred to fresh cow's milk, when the latter can be procured from healthy animals fed on dry fodder.

177. The addition of ordinary sugar to the milk is likely to promote lactic fermentation, and to increase the tendency to *infantile diarrhoea*. SUGAR OF MILK should be preferred : it is procurable at any chemist's.

178. Every kind of farinaceous food should be avoided during the first *five or six months*, because until that age the salivary glands of the mouth digest starch very incompletely, while those of the pancreas cannot digest it at all ; thus indigestion results, with its train of evils.

179. All patent foods—condensed milk excepted—contain starch in some form or other, and are therefore *unsuitable* for infants before teething.*

180. Under an artificial system of feeding, infants take in a much larger quantity of nutriment than they do whilst suckling, but it is NOT digested.

181. In the majority of cases, acute infantile diarrhoea is produced by the food turning acid in the stomach and bowels, and setting up irritation ; this often runs on to serious disease.

182. As cow's milk is always acid, ten grains of carbonate of soda should be added to each quart, or a tablespoonful of lime-water ; this will tend to prevent diarrhoea from the above cause.

183. In dry-nursed children, a *quarter of a pint* is the maximum for each meal, after which the bottle should be removed whether the infant exhibits satiety or not.

184. The nurse or mother should taste the food to see that it is of proper warmth and sweetness, and to see that the pipe and teat are free.

185. What is left should on no account be kept for the next meal, but thrown away, and the 'bottle' allowed to remain in a basin of cold water, when not in use ; *this rule cannot be broken long with impunity.*

* 'Medical Maxims.'

186. When a child empties its bottle, it should be put away, as the child only sucks in air, to its detriment afterwards, and flatulent colic and griping is the penalty.

187. The best substitute for human milk may be made thus, and regulated in its strength according to the infant's age.

	Up to 3 months.	Up to 6 months.	Up to 9 months.
Fresh cow's milk	1 pint	1½ pint	1 quart
Skim milk . . .	½ pint	½ pint	None
Hot water . . .	½ pint	None	None
Sugar of milk . .	1 ounce	1 ounce]	1½ ounce
Lime-water . . .	1 table-spoonful	Same	2 table-spoonfuls
Salt	A pinch	Same	Same

188. A quarter of a pint of this mixture should be put in the 'bottle' for each meal, and what is left in the 'bottle' when the child exhibits satiety *thrown away*. (See 185.)

189. The cow's milk should be as new as possible, and for this purpose procured from the same cow, twice a day, and its source should bear the *strictest* investigation.

190. The milk should be tested with a lactometer—which no nursing household should be without—to detect watery adulteration. Chemists sell these at about two shillings and sixpence each, and without one, no mother can tell the strength or purity of the milk.

191. If the milk is *watered*, it is impossible for a mother to feed her child properly, and this is often the cause of the *unsatisfied crying of dry-nursed children*, and their losing flesh and health.

192. The thickness of its coating of cream should also be observed, to see the milk is not robbed of this, as without cream the child cannot be properly nourished.

193. A child should be fed in an erect or semi-erect position, as the milk is not then so apt to go the wrong way.

194. A most reprehensible way of feeding an infant is to put it in its cot, with a bottle full of milk, put the teat in its mouth, and let it suck away: yet how often is this done!

195. In this position, and by these means, a child sucks so rapidly, and in such quantities, that when the meal is over, sickness comes on, and it is thrown up again ; thus the milk is blamed for the error of the indolent mother or nurse.

196. Do not follow this advice of Chavasse, it is bad : 'A good plan is for the nurse-maid to have a half-pint bottle of new milk—which has been previously boiled—in the bed, so as to give a little of it, instead of the breast. The warmth of the body will keep the milk at a proper temperature, and supersede the use of lamps, candlesticks, and other troublesome contrivances.' (See 195.)

197. A child's food should be given at a warmth of 98° F. which is the temperature of the milk from the breast ; it is most important that it should be given each meal at the same warmth, as to give sometimes warm and sometimes cold induces indigestion.

198. Where the mother's milk requires to be supplemented by artificial feeding, all these observations hold good, and these rules should be carefully attended to.

199. Where fresh milk is not procurable, or in large towns, where pure, unadulterated milk is difficult to obtain, the 'Anglo-Swiss unsweetened condensed milk' may be used as a substitute ; but until the absolute strength of this or any other brand is guaranteed, they are unsafe to use for feeding infants.

200. 'The casein of cow's milk is difficult of digestion by many infants, on account of its tendency to coagulate into a large firm clot, like a lump of cheese.' This constitutes one of the many dangers of *dry-nursing*.

201. In this respect it differs from the curd of human milk, which forms light small flocculent coaguli, which the stomach easily assimilates.

202. Most of the brands of condensed milk contain too great an amount of sugar (added to preserve it) to enable them to be used with safety : this sugar undergoes lactic fermentation, and causes diarrhoea and indigestion.

203. Condensed milk is about four times as strong as cow's

milk, therefore it should be diluted with six times its bulk of warm water, and used accordingly.* (See No. 188.)

204. To sum up—never feed an infant on anything else but ‘mother’s milk’ until it cuts its first four teeth, or attains the age of seven months.

205. If from any of the before-mentioned reasons it must be done, let the artificial food approximate the natural in composition, warmth, consistence, and quantity. (See No. 187.)

206. Let the hours of feeding be regular, according to the table, given in No. 120.

207. Whilst an infant THRIVES on the nourishment, never be seduced by the solicitations of the ignorant or the officious to change or supplement it.

208. And lastly, should the child waste, pass its food undigested, suffer from persistent sickness or diarrhoea, consult a medical man before its digestive powers are utterly destroyed; do not give it quack medicines, soothing powders, soothing syrups and opiates, these quiet the child, but do not remedy the disease, and they eventually destroy its power of digesting any kind of food at all.

WEANING.

209. When an infant *has cut* its first four teeth it is necessary to begin ‘weaning;’ to continue nursing after this period is injurious to both mother and child.

210. It is best *not* to do this during the time it is cutting its *first teeth*, as any derangement the change may induce may cause convulsions.

211. When an infant’s teething is delayed beyond the ninth or tenth month, it is an indication that its constitution is not sufficiently established for other than milk diet, and in this case the mother’s supply must be supplemented by pure cow’s milk.

212. Very few women have sufficient milk or strength to

* I have seen books that recommend a *tea-spoonful* of condensed milk to the *half-pint* of water. Why, an infant would starve on such stuff—and does.

nurse a child beyond nine months, as from its size and requirements three pints of milk daily are insufficient.

213. Some authorities consider that where teething is delayed in a suckling child, it is due to some deficiency in the milk of the mother; this should be inquired into, if the child does not seem well nourished. (See No. 212.)

214. The process of weaning should not be carried out too suddenly, and the food used to supplement the breast should at first be given in small quantities.

215. This must be gradually increased, and whilst it is being done, the secretion of the breast will gradually diminish.

216. Many women over-suckle, to the detriment of themselves and their offspring, under the delusive impression that whilst suckling is going on, they cannot become pregnant.

217. Though over-suckling is no barrier to pregnancy, it is most injurious to the child with which the mother is *pregnant*, and to the *one she is nursing*, as well as to herself.

218. Nature exacts a heavy penalty from those who break her laws, and the propagation of the species is wisely placed beyond the control of individual will.

219. When a child cuts its teeth earlier than the usual time, weaning should begin about the sixth month.*

220. The period of teething lasts from about the seventh to the twentieth month. (See diagram 279.)

221. During this time the child is more liable to derangement of the stomach, from the irritable state of its system.

222. Teething is credited with doing more mischief in infancy than it really does, and many of the ailments arising from bad

* 'A very bad habit, but one which is occasionally permitted, especially when a child has not been well trained from the beginning of its early career, and thereby has acquired an irritability of temper not its own, is to allow the child to cut its teeth upon its mother's breast; to allow it to sleep by its mother's side throughout the night, that it may satisfy itself whenever sufficiently conscious either to draw the breast or to make use of its mother in lieu of its thumb. Such a habit should never be tolerated for a moment; it is injurious to the mother, and equally so to the child.'—DR. SEMPLE.

management and improper feeding are laid at its door—in fact, nearly all of them are.

223. As weaning must be done gradually, half-a-pint of milk, thickened with some baked flour, given twice a day for a week or two, will assist the process. (See page 129)

224. As food that suits one child disagrees with another, well-baked bread, rusks, or Leibig's Food may be tried with milk, where baked flour does not agree.

225. Where one form of artificial food does not suit, some other should be used, 'Ridge's,' 'Nestles,' 'Savory and Moore's,' have all their advocates, but none of these are suitable *before teething*, as all of them must contain starch in some form or other.

226. A child ought to be thoroughly weaned in about two months from the time the process was first commenced.

227. After weaning, a child should have a little broth or beef tea once or twice a day in lieu of milk, given it with a spoon instead of with the bottle.

228. Milk and water, milk thickened with baked flour, bread or biscuits, etc., should constitute a child's diet until nearly all its first teeth are cut. (See *Infants' Food*, 4, 7, 9, 11, 13, 17, etc.)

229. Bread jelly is a good food for infants at the time of weaning; so is milk porridge, arrowroot milk, turkey pie. (See '*Infants' Food*,' 2, 4, 11, 13, 17, 18, 26, 36, 43, 45.)

230. By attending to this system, many of the ailments incidental to this time of life are avoided, and a *sound constitution* is established.

231. After the teething period is over a child may have a little meat cut small once a day, farinaceous puddings, bread and milk sweetened, or bread and butter. (See '*Infants' Food*.')

232. A child should be made to masticate its food *thoroughly*; *bolting* leads to indigestion and many other ailments.

233. Red meats are better for children than white; they are more nourishing and easier of digestion, and mutton is the *best of all*. Fowls and game are nourishing and digestible, and for children, meats should be well cooked.

234. Rice boiled with milk or in the form of rice pudding is

very suitable for the nursery ; and pastry, suet dumpling, plum and fruit puddings are unsuitable until dentition is over. (See 'Infants' Food,') (See also 308 to 324.)

235. Baked apples, strawberries and raspberries may occasionally be indulged in. (See 'Infants' Food,' 21, 27, 30, 31.)

236. A child should not be forced to take more food than it is inclined to take ; if the stomach is in a healthy state, the child wants no coaxing, and if it is not, a few hours' rest will do it no harm.

237. 'A child's appetite in health is a faithful guide as to when, how, and to what extent it requires nourishment.'

238. When a child cannot eat proper food, do not try to tempt its appetite with what is not good for it ; this is only adding fuel to the fire, for the cause must be illness coming on, or a deranged stomach.

239. A too relaxed state of a child's bowels may be rectified by giving it boiled sago or arrowroot in its milk, and LIEBIG'S FOOD and OATMEAL on the other hand tend to relieve constipation ; but don't try to imitate 'Liebig's Food,' for which a receipt is given on page 132.

240. After teething is established—end of the second year—a child may have two meals of solid food daily without detriment to its digestive organs.

241. BREAKFAST may consist of milk and water, milk toast, bread and butter, oatmeal porridge, a lightly boiled egg, or turkey pie. (See 'Infants' Food,' 11, 18, 20, 45.)

242. DINNER, may consist of either mashed potato and gravy, a little fish (white boiled), or meat (mutton or beef), chicken, turkey, lamb, rice, and farinaceous puddings, varied with milk and water or water for drink, with fruit without stones baked or stewed, jellies. (See 'Infants' Food,')

243. TEA, milk and tea equal parts sweetened, bread and butter, dry toast, or biscuit.

244. SUPPER, oatmeal porridge, gruel, arrowroot, bread and milk. (See 'Infants' Food,' 9, 11, 15, 18, 20, 45.)

245. A child at two and a half or three years will make a

good supper of bread and milk, and this is sufficient until breakfast next morning at half-past seven.

246. Regularity in meals is important for the sake of the child's health, and a child should *not* be accustomed to bread and butter and other food *between* meals.

247. The tendency to constipation in childhood may be prevented by seeing that the child attends regularly after breakfast to the calls of nature.

248. This habit once established will become a necessity the child will not wish to avoid, and will save much physic and danger.

249. A child at two years and a half old will digest green cooked vegetables; these may include potatoes, French beans, vegetable-marrow, seakale, young carrots, cauliflower, and boiled rice.

250. Children should not have their meals with adults; the temptation to give them improper food is difficult to resist, and cruel to indulge in.

251. The child who cries for luxuries that are injurious to it is badly brought up, and when illness comes, is the worst of patients.

252. Every medical man can recall numerous instances, where a fatal result has arisen from the obstinacy of a *spoilt* child in refusing necessary remedies.

VACCINATION.

253. A child may be vaccinated within twenty-four hours of its birth, but unless small-pox is prevalent, from the age of six weeks to three months is the best time, *before teething commences*.

254. Referring to vaccination, Dr. Jenner's own words are: 'Duly and efficiently performed, it will protect the constitution against subsequent attacks of small-pox, as much as that disease will; I never expected it would do more, and it will not, I believe, do less.'

255. If vaccination is properly performed, and four or five good vesicles result, the protective power of the operation extends to puberty—about 14 years.

256. A child should be in good health when the operation is done, and free from any skin disease, and the lymph should be taken from eighth-day vesicles.

257. A parent may have the operation done gratuitously by taking the child to the Public Vaccinator, whose name is on the notice paper given when the child is registered, and this is in no way parochial relief.

258. Lymph may also be procured by any person who writes to the Medical Officer of the Privy Council, Whitehall, London, and the source of such lymph can always be ascertained, if any evil results follow; the operation must be performed by a *duly qualified* medical practitioner.

259. The safest and best plan is from arm to arm; in this case the mother sees the child vaccinated from, and can satisfy herself as to its healthy appearance and freedom from eruptions.

260. The operation is performed in a variety of ways, but the best is done by cross-scratching four spots, just sufficient to show blood, about the size of a threepenny piece, an inch apart, and smearing the surface over with the matter.

261. In two days a small pimple shows in each place; on the fifth or sixth days these become vesicles, and depressed in their centres; by the eighth day they are perfect, round and pearly in colour, surrounded with a blush of rosy inflammation, and the constitution is affected, the infant being fretful and slightly feverish.

262. By the tenth day, the vesicles begin to darken and dry away, and on the fourteenth day they become dry scabs, which fall off in four or five days after, and that dread of mothers and untold blessing for their offspring is over.

263. 'What is worth doing at all, is worth doing well,' and no medical man, from fear of offending, or to please foolish, fond, or ignorant mothers, should vaccinate in less than four places; the proper protection of the infant demands this, and the ratio

of that protection is in exact proportion to the size and number of the vesicles obtained.

264. The danger of Vaccination only exists in the heated imagination of mothers, or in the fertile brains of political agitators and quacks. Mr. Marson says he has, during thirty years' experience at the Small-pox Hospital, in 50,000 vaccinations, never seen other diseases communicated; and Sir W. Jenner says, that out of over 13,000 adults and children, who have come under his care in six years, he has seen no constitutional taint propagated by this means.

265. Dr. Seaton, Sir James Paget, Dr. West, and continental surgeons, testify to the same effect; and the following are the results of Mr. Marson's experiences in the mortality of the vaccinated, badly vaccinated, and unvaccinated in small-pox.

266. Classification of patients affected with small-pox. Number of deaths per cent. in each class respectively.

	No. of deaths per cent.
1. Unvaccinated - - - - -	35
2. Stated to have been vaccinated, <i>but no mark of it</i> -	23·57
3. Vaccinated—	
(a) Having one vaccine mark - - -	7·73
(b) Having two vaccine marks - - -	4·70
(c) Having three vaccine marks - - -	1·95
(d) Having four or more vaccine marks -	0·55

It will thus be seen that where thirty-five out of a hundred die from small-pox in the unvaccinated, not *one* in a hundred of those properly vaccinated in four places die when attacked with small-pox.

267. Before vaccination, one-fourteenth of the deaths in London were due to small-pox, so that even assuming that one child out of every twenty died from vaccination, it would then be no worse than what small-pox killed in the last century—with this advantage, that infant life having no responsibility attached to it, alone would suffer, and this without infecting those around with the most *horrible* and loathsome disease to

which humanity is subject. Mr. Simon says: 'For a popular notion of the disease (small-pox), it may be enough to cite what it did in royal families. In the circle of William the III., his father and mother, his wife and uncle, the Duke of Gloucester, died of it, also his cousins, the eldest and the youngest daughters of James II., and William himself barely escaped with his life. Again, in the court of Austria, Joseph I. was carried off by small-pox, to which in the course of the eighteenth century, beside him, two empresses, six archdukes and archduchesses, an Elector of Saxony, and the last Elector of Bavaria, fell victims.'

268. Dr. Ellis says of small-pox, 'No more horrible disease exists: a black, swollen face; a red, glaring, yet sunken eye; the cuticle distended from the skin by serum and blood: and though vaccination has well-nigh delivered us from this scourge—so much so, that many practitioners have never seen malignant small-pox—still there are persons ignorant and obstinate enough to denounce vaccination, which has certainly been one of the greatest blessings science ever conferred on suffering humanity, as we see clearly enough when we read of the epidemics of the Middle Ages, among which small-pox held no mean sway: such persons deserve to have to nurse one or two cases of malignant small-pox, after which experience there would be little heard of "Anti-vaccination Leagues."'

269. At Christ's Hospital, London, from 1751 to 1880, before vaccination was compulsory, the total number of deaths was, in the fifty years, 264, of which 31 were from small-pox. In the half-century included between 1801 and 1850, vaccination was made compulsory; during those fifty years there were 253 deaths, and only *one* of these was caused by small-pox. This fact is unanswerable and incontrovertible.

270. Out of the many thousand infants I have vaccinated, I have *never* known one single case of death, or disease follow the operation, that was distinctly traceable to it.

TEETHING.

271. The periods for the eruption of the temporary or milk-teeth are as follows: In the seventh month, the front teeth; in the seventh to the tenth, the next; in the twelfth to the fourteenth, the front or small grinders; in the sixteenth to the twentieth, the eye-teeth; in the eighteenth to the thirty-sixth, the back grinders. (See diagram, 280.)

272. The appearance of the permanent teeth takes place in the following order: At six-and-a-half years, the first grinders; at seven, the two middle teeth; at eight, the two lateral incisors or cutting teeth; at nine, the small grinders; at ten, the second grinders; at eleven and twelve, the eye-teeth; at twelve to thirteen, the back grinders; at seventeen to twenty-one years, the wisdom-teeth.

273. Previous to the permanent teeth penetrating the gums, the bony partitions which separate them from the milk-teeth disappear, and the permanent teeth become placed under the loose crowns of the milk teeth: the latter finally become detached, and the permanent teeth take their place in the mouth.*

274. This process is so gradual that the crowns of the back teeth are often swallowed with the food.

275. Richard the III., Louis the XIV. of France, and Mirabeau the Revolutionist, are said to have been born with teeth.

276. The period of teething is always one of considerable anxiety to mothers, and where the child is dry-nursed, delicate, or of weakly constitution, it is not devoid of danger.

277. Every fault of bad feeding, mismanagement, and of inherited disease, is put down to the effects of teething, as if nature only gave a child teeth to cause it to have fits, sickness, diarrhœa, rashes, coughs, gripes, etc.

278. Puny infants are subject to diarrhœa during teething, and fat ones to determination of blood to the head.

* See 'Medical Maxims.'

279. Where a child is suckled by its mother and carefully clothed and attended in regard to cleanliness, the dangers of teething are very small, and the child passes through it with only a little extra fretfulness.

FIRST TEETH, CALLED THE TEMPORARY OR MILK TEETH.



280. The first, or milk-teeth, are twenty in number, ten in each jaw, and appear as in the diagram, those in the lower jaw usually appearing before the upper.

7th month	Front teeth.
9th month	Next front teeth.
12th month	First grinders.
18th month	Eye-teeth.
24th month	Back grinders.

These several teeth may come earlier or later, according to the development of the child ; but the above represents the average.

281. Before the teeth appear the gums become swollen, red, and tender, the saliva dribbles, there is feverishness, and the sleep is disturbed and fitful, with more or less disturbance of the stomach and bowels, inducing sickness and diarrhoea.

282. The child frequently thrusts its fingers into its mouth, its thirst seems to be increased, it is fretful and restless, starts in its sleep, and has frequent fits of crying.

283. Many of these symptoms precede the appearance of the teeth by some weeks, and indicate activity in the process of the formation of the teeth ; the child is then in common language ' breeding its teeth.'

284. During this time it is a good plan to give the infant an *elastic* indiarubber ring, to press the gums upon ; it dulls the pain.

285. In Germany infants are given a bag to suck, containing a mixture of sugar and spices, but this is *not* a good plan.

286. The *health* and *diet* of the *mother* should at this time be particularly attended to, and she should refrain from indulging in *stimulants* and *powerful medicines*.

287. The time of the appearance of a child's teeth depends in a great measure on its constitution ; if the child is suckled by its mother, and is healthy, they appear early and in regular rotation, and give but little trouble ; but in a rickety child, the teething is often delayed until the eighteenth or twentieth month, and the process is slow. (See 'Rickets.')

288. In scrofulous children, teeth also appear early, but soon decay ; so that early teething is only a matter a mother can be proud of, when her offspring inherits no constitutional defect or taint. (See 'Scrofula.')

289. Teething is not always more troublesome when it is delayed, for where a child is rickety, the teeth appear with little trouble in the majority of cases.

290. It is rarely necessary to lance a child's gum for teething, as the tooth causes more irritation when coming through the bony partition in the jaw, where lancing would be of no avail.

291. A good purgative will often relieve a swollen gum better than lancing, and where the child is costive through being fed on improper food, a purgative, is a very safe thing to give. (See Appendix, 15.)

292. Where the gum is very inflamed and swollen, where there is persistent diarrhoea, and where the advent of a tooth is ushered in with fits, lancing, by hastening its eruption through the gum is advisable.

293. When lancing is resorted to, the cutting should liberate

the tooth thoroughly ; if it does not, the gum heals, and becomes much harder for the tooth to penetrate.

294. During teething, great care should be taken with the diet, and the bowels should be kept open, the head cool, and until the first four teeth have been cut, *no* other food than milk—*natural* or *cow's*—allowed.

295. The sickness of teething is best checked by giving a dose of ipecacuanha wine to clear out the stomach, and a mixture such as No. 3 in Appendix.

296. White-mouth is best remedied with borax and honey given two or three times a day, and a gentle aperient every morning. (See Appendix, 16, 39.)

297. Diarrhœa, if it becomes too frequent, is best treated with a good dose of castor oil, followed by a mixture. (See Appendix, 12.)

298. Diarrhœa in teething, used to be considered beneficial, but it is not so, and should be stopped ; its weakening effects make a child more susceptible to cold and lung diseases.

299. Bronchitis may be induced by the irritation of teething (See 'Bronchitis'), and so may eruptions of the skin, the commonest being eczema, cradle-cap, and tooth-rash. (See 'Eczema.')

300. Indigestion during teething is a very troublesome affection, and painful to the child ; it may be relieved by giving such a medicine as Formula 2 in Appendix ; this soothes the child and relieves pain.

301. No child should have opium in any of its forms without the sanction of a doctor ; the soothing syrups, soothing powders, carminatives, etc., sold by chemists are all preparations of opium, and have killed tens of thousands of infants.*

302. Opium is a dangerous medicine for young children ; they are not as proportionally tolerant of that drug as adults are—small doses, even, are often fatal.

* For the composition of Soothing Powders, Soothing Syrups, and other dangerous quack medicines, see "Medical Maxims."

303. Eczema consists in an eruption of little pimples filled with a clear fluid; these dry and come off in scales. In eczema there is redness of the skin, and great itching, the head being covered with a yellow crust. (See 'Eczema,' page 115.)

304. Tooth-rash is an eruption of minute, hard, slightly red pimples, that appear sometimes on a part, and sometimes over the whole body; they arise from improper feeding during teething, or from the irritation of teething itself.

305. This rash is very common in infants brought up by hand, and is due to the acidity of the cow's milk; *human milk is alkaline, and not liable to cause this ailment.*

306. A little lime-water should be added to the milk in the former case, to render it alkaline.

307. Children during teething often have difficulty in passing water; where this is the case, it is a good plan to give linseed-tea, barley-water, and other demulcent drinks, also a mixture such as No. 21 in Appendix.

DIET DURING TEETHING.

308. The food of a child during teething should consist of milk and farinaceous substances, such as baked flour, lentil flour, arrowroot, cornflour, etc., etc., until the end of the first year. (See Nursery Diet.)

309. AFTER the *first year* the child may have bread and milk for breakfast, bread and gravy, gravy and mashed potatoes, and when the *side teeth* (small grinders) appear, small pieces of meat cut fine, bread and butter, light puddings, including rice, cornflour, custard, etc. (See Nursery Diet.)

310. 'The period when animal food may begin to be used seems indicated by nature, and a little of it seems fairly admissible as soon as the teeth appear sufficiently developed to masticate it.' 'The constitution of the child, and the effects of particular diets, will in general indicate plainly whether this agrees or not.'

311. It is not wise to stint the growth of children by too low a diet; however it may for a while appear to agree, it induces a state of body deficient in vigour, and prone to scofula and other diseases marked by impaired energy of frame.

312. Too much animal food is bad for children, as it supplies blood in excess, and makes the system prone to inflammatory affections, the commonest in early life.

313. Those whose circumstances do not allow the diet mentioned in number 309, should give milk, oatmeal porridge, tea with milk, bread and butter, potatoes mashed, with what meat they can procure, such as bacon, fish, etc.

314. Oatmeal porridge and milk is the best combination for growing children, though of course it is not absolutely necessary to adhere to this exclusively. In the abandonment of such farinaceous food, and in the now prevalent dislike of fat, do we find the explanation of much of our modern disease.*

315. Imperfect growth, degraded or arrested tissue growth, and numerous others of the troubles belonging to the period of growth, take their origin in a mischievous and erroneous dietary.†

316. The before-mentioned various articles of diet are all that a child should have until it is two years old, which is about the time that the first set of teeth (*i.e.* milk-teeth) are cut.

317. Inveterate diarrhoea attacking teething children usually arises from the child being *too early in life* accustomed to have the *same food as its parents*.

318. How often do those who have to treat the ailments of young children, in reply to the question, 'What food do you give the child?' receive the answer, 'Oh! it has the same as we do.' Does a young calf have hay, or a young bird corn? yet the one is as reasonable as the other.

319. When children are allowed solid food, the mother

* Dr. Fothergill.

† Ibid.

or nurse should get them into the habit of thoroughly masticating it, otherwise indigestion with its train of evils results.

320. On no account should a child be given food at all hours to quiet it; the stomach requires rest, and four hours should intervene between meals; this rule cannot be broken long with impunity.

321. 'The food of a child should be simple, and not such as to unduly excite the appetite. If a child is well, it will eat sufficiently freely without any special temptation.'

322. The following foods are not suitable for very young children: new and heavy bread, strong tea or coffee, hard boiled eggs, all highly seasoned preparations of meat, such as soups, etc.; MEATS, pork, veal, bacon, salt beef, duck, goose, sausages, liver, kidneys, heart, tripe.

323. FISH—salmon, eels, herrings, mackerel, mussels, and fresh-water fish generally.

324. VEGETABLES—cucumbers, radishes, celery, onions, mushrooms, broad beans, greens and pickles, pastry, sauces, spices, nuts, cheese, suet-pudding, dried currants and raisins, and ALL ALCOHOLIC DRINKS. NEVER accustom a CHILD to BEER, WINE, or STIMULANTS; they do *not* require them, excepting in SERIOUS ILLNESS, and then VERY rarely.

CLOTHING FOR INFANTS AND CHILDREN.

325. 'Of the many causes of death in young children, exposure to cold in this climate of ours, with its constant changes of temperature, is the greatest, and there is no more dangerous notion existing than that children on account of the activity of their circulation can bear cold without injury.'

326. 'How wonderfully the child death-rate is influenced by the high social position of the parents, which implies greater care of the children—is strikingly shown by the tables of Mr. Ansdell.'

327. 'Of 100,000 born alive, there are living at the end of their fifth year in all classes 74,000 (in round numbers we may say a quarter have died); among the upper classes 87,000 are living at the fifth year, while among the peerage not fewer than 90,000 are living.'*

328. 'As a contrast may be taken the death-rate of a street in Liverpool, where only 10,000 *would be living out of* 100,000 at the end of five years, or 90 *per cent. die in five years.*

329. The power of 'retaining' heat is very feeble at birth, and a want of warmth, then, and during infancy and childhood, predisposes the system to disease that is often developed in after years.

330. If a child is warmly and properly clothed, it can be taken out in the coldest weather without danger, thereby strengthening its constitution, purifying its blood, and inducing tone in its nervous system.

331. Warm soft flannel next to the skin is the best material with which to clothe infants and children; flannel, being a bad conductor of heat, is better than silk or calico.

332. The quantity and make of its covering should be regulated by its constitutional strength, and to leave the neck, arms, and legs of young children exposed, is a *cruel and dangerous* freak of fashion, that has *killed thousands.*

333. Cold prevents the circulation of the blood; this may be seen in the purple colour of the hands and feet of those exposed to it. Throwing the blood from the surface induces congestion of internal organs, such as the lungs, kidneys, etc., which develops serious disease, when the vitality is low or the health impaired.

334. The clothes of an infant or child should be made very loose, to enable the limbs to be freely exercised, as they are for ever in motion, and should be frequently changed, young children being so prone to perspire.

335. There are some children born so strong that they can

* Ansdell.

bear exposure to cold and thrive upon it; but where one survives 'the hardening process of some mothers,' a dozen die under it.

336. It is a dangerous plan to change the 'long clothes' of infants for short ones in *cold weather*, and a delicate child should be *kept in long clothes* until the weather becomes mild; the *merit* of long clothes lies in the protection they give the *lower limbs*.

337. Children should not be muffled up too much about the *throat*, as it makes them so susceptible to 'colds,' hoarseness, and affections of the windpipe.

338. The chilblains that so trouble children are generally caused by exposing the legs and arms in cold weather; therefore a child should have warm thick flannel stockings to come above the knees, and warm boots with cork soles.

339. The night-gown of early life should be made of *flannel*, as it is warmer in winter and cooler in summer, and as children are so apt to kick off the bedclothes, the nightdress should be very long.

340. Lastly, let every part of the body be clothed alike, not smothered in one part and exposed or thinly clad in another; the comfort, if not the health, of a child depends upon this.

341. 'The chief causes of death in infants under five years of age are diarrhoea and convulsions from bad food, acute chest affections from exposure to cold and vitiated air, and contagious infantile diseases.*'

* The most fatal disease of infantile life appears to be convulsions. This causes over 25,000 deaths every year in children under five years of age, 20,000 of which occur in children under one year. I don't think I should be beyond the mark if I said that 19,000 of these are from improper feeding, for it is a fact well known to physiologists that there is greater sympathy between the brain and the stomach, than between the brain and any other organ, and those who have observed nurses feeding infants, will have noticed how the 'pap' and other abominations has been crammed into them long after they have exhibited in every way their satiety. Therefore, who can wonder at the result. (See page 129.)

342. 'The mortality from these causes is of course greater among the children of the poor.'*

BATHING AND WASHING.

343. By a cold bath is meant a bath at a temperature of anything below 70° F. ; a tepid bath should have a temperature of 85° to 90° ; a hot bath, of from 96° to 104° or 106° F.

344. The duration of a bath must depend on a variety of circumstances, for instance on the age and constitution of the patient, on the nature of the malady, and on the temperature of the bath : it may vary from a few minutes to some hours ; a very *hot* or very *cold* bath can be borne for a much shorter time than a *tepid* one, on account of its constitutional effects.

345. Cold baths are indicated for the very strong, for youth and for manhood ; warm baths for the delicate and the young ; tepid baths are suitable for almost all constitutions, sexes, and ages. Cold baths, in a general way, may be considered tonic and bracing, *but unsuited for very young infants.*

346. Under all circumstances it is best to begin with the tepid bath, and gradually reduce it to the cold, as the sudden shock of extreme cold may be injurious, and it need scarcely be said that the drying and rubbing, efficiently done, materially increase the benefits derived.

347. New-born children should be washed in water at the temperature of the blood, and as they grow older the water may be used colder in the *morning*, but not in the *evening*.

348. The drying should be done briskly, with a soft towel, and the child quickly dressed, or put to bed.

349. If a child is healthy and strong at the age of two or three years, it may go into a cold bath in the *morning*. If the bath agrees, the child has a healthy reaction (called the glow), and benefits by it.

* Dr. E. A. Parkes.

350. If a child is chilled after a bath, and feels numbed, and the skin remains a deep purple, the bath should *not* be continued; and a child's cold bath never should be lower in temperature than 60° F. *

351. Children that have been accustomed to cold baths are less susceptible to colds and changes of temperature.

352. 'Cleanliness is next to godliness,' and there is no doubt that a clean skin, with its open unclogged pores, eliminates from the system many poisons that otherwise would result in fevers, colds, skin eruptions, and other diseases.

353. A child should not remain in its bath, *hot or cold*, for *more than five minutes*, and sea is more beneficial than other bathing; the sea bath should be taken two hours after breakfast.

354. In giving a child a sea bath, it should not be held under water the first time, otherwise what ought to be an invigorating tonic becomes a terror, and the beneficial effect is more than counterbalanced by the alarm it occasions. †

355. The drying and rubbing after a bath materially increase its health-giving properties, and prevent the tendency to catching cold and congestion of internal organs by drawing the blood to the surface.

356. In those who have a daily bath, skin disease is rare; all parasitic diseases, such as ringworm, itch, etc., are due to want of cleanliness.

357. In childhood the HEAD should be *washed and soaped*, as the hair is the 'happy hunting ground' of parasitic life; and parasites abhor soap and water.

* In the summer the temperature of a cold bath cannot be less than 60° F. This fact should be remembered in winter bathing, and, to be consistent, a *winter's* cold bath should not be taken *below* that temperature. This way of looking at it may be new to some people, but it is the way it should be looked at.

† I have known epilepsy to be caused by suddenly ducking a child in the sea.

REST AND SLEEP.

358. A child should sleep in a cot or bed by *itself*, in the room of its *parent* or nurse; by this means any illness coming on in the night will be detected by the restlessness or delirium of the little sufferer.

359. From the age of two months to five years, a child requires twelve to fourteen hours of sleep in the twenty-four, and should have it.

360. From the age of two until four, a child requires a mid-day sleep from eleven to one; otherwise it will become fretful towards the afternoon, from brain weariness.

361. After five a child should go to bed at seven, and get up at seven in the morning; should sleep on an iron bedstead, and on a firm wool or hair mattress.

362. A child should *not be put to bed immediately after a full meal*; the sleeping-room should be darkened and kept quiet, and the child laid on its *right* side. (See 118.)

363. Rocking a child causes sleep by inducing cerebral congestion, the motion causing a congested state of the vessels of the brain; it is needless to say that this cannot be salutary.

364. Under *no* circumstances should a child be accustomed to soothing syrups or soothing powders to procure sleep. These are the resources of indolent and unfeeling mothers, and the causes of many deaths, or, more correctly speaking, *murders*.

365. Children that are accustomed to regular hours each day and night for sleep, do not require such adventitious aid.

366. A child should never be allowed to remain up late; it exhausts the nervous system, and induces habits of sleeplessness.

367. Want of sufficient clothing, overfeeding producing flatulence and indigestion, are the common causes of wakefulness, to which may be added worms, teething, and fevers coming on.*

* In persistent sleeplessness of young children, the only *safe* sedative is the bromide of potassium; the dose is a grain for every year of life; *thus* a child three years old would require three grains at bedtime in

EXERCISE.

368. No child can enjoy robust health who has not regular out-door exercise and fresh air; it is only necessary to see the pale, pasty look of workhouse children to realize this fact.

369. After two months a child should be put on a bed, sofa, or carpet, during the day, and allowed to exercise its limbs freely.

370. The delight this affords evinces how grateful this is to its animal feelings.

371. In wet or damp weather a large room to romp in should be set apart for children.

372. Exercise, by quickening the circulation, gives healthy activity to the functions of the body, thereby inducing sound physical and mental health.

373. Rapid circulation of the blood is one of the means nature uses for burning off effete materials, the waste of the system; which is consumed in great measure by the aid of the lungs.

374. Exercise gives tone to the nervous system, and develops bone, sinew, and muscle.

375. It also keeps down that tendency to fat which is common in children, and by increasing the animal heat in cold weather, prevents them catching cold, suffering from coughs, chilblains, and many other childish ailments.

376. The temperature of the body in childhood falls one or two degrees towards evening. This is probably due to the depression of nervous power, as it recovers itself during sleep.

377. A child should not be taught to walk too early; let it crawl about the floor: *nature* will teach it to walk when its *legs* are strong enough to support its *body*. The evils that attend neglecting this advice are weak ankles, and if there is a tendency to rickets, bone deformity, and weak joints, will be the result.

sweetened water. This leaves no after ill-effects, but it must be remembered that there must be some cause for this sleeplessness, and the *cause* should be sought for and removed or remedied.

378. The age at which a child begins to walk depends upon whether it is suckled or dry nursed—*suckled children walk early.*

379. It further depends upon hereditary tendency, and the constitutional powers of its parents.

380. The children of blood relations, *i.e. cousins*, are never so strong, *physically* or *morally*, as those of strangers.

381. This is one of the greatest causes of idiocy and imbecility, especially so where the parents come from a *scrofulous* or *intemperate stock*.

382. If a child is backward in walking, look to its general health, give it fresh air, cold baths, chemical food, and cod liver oil. (See Rickets.)

383. From ten to fourteen months is the age when children show an inclination to use their feet, with the assistance of a chair; and also to have some notion of language, but no 'hard and fast line' can be drawn, as so much depends upon the temperament of the child and its constitutional powers.

384. Should there be any symptoms of curvature of the spine or long bones, *immediate* medical advice should be sought, or the deformity so familiar to all will be the result.

385. When in a state of heat and perspiration, a child should be cautioned against lying on damp ground, sitting in wet clothes, etc. Many a case of fatal disease owes its origin to this cause.

386. The care of health in childhood by exercise, diet, and abstinence, is the best assurance of robust health in manhood and declining years, and the foundation of the train of circumstances that lead to *green old age*.

387. The diseases of youth *always* accelerate growth, but diseases of the bones, such as rickets and scrofula, *retard it*.

388. An infant should grow during its first year six or seven inches; a child from the fourth to the sixteenth year about *two* inches yearly; from the sixteenth to the seventeenth *one inch and a half* yearly; and from the seventeenth to the twentieth *one inch*. These facts only apply where all circumstances inducing growth *are favourable*.

IDIOTCY. SIGNS OF INTELLIGENCE.

389. A child should begin to use its hands and take hold of objects at three months.

390. The power to support its head and recognise familiar faces comes about twelve weeks after birth ; idiots always fail in this.*

391. Idiocy is congenital ; it depends upon imperfect organization of the brain before birth, and an idiot is generally a deaf mute.

392. Where a child is born with proper mental development, the *tongue is kept* within the mouth from the *earliest* age.

393. A child should *begin to talk* at about the age of *nine* to *twelve* months.

394. Cases are recorded of idiocy following whooping cough, fever, congestion of the brain, and convulsions, but they are *very* rare.

395. A child's brain at birth weighs about three-quarters of a pound, at the end of five years about a pound and a half.

396. Idiocy is most frequently inherited by descent, and most idiots have *insane* relatives.

397. Marriages of consanguinity are a source of idiocy—the greatest source of all.

398. Scrofula is a frequent cause of idiocy, and two thirds of all idiots born develop that constitutional defect.†

399. Fright in a mother during pregnancy is said to be a source of idiocy, but physiologists do not believe in this cause.

400. Blows, falls, epilepsy, or fright have caused idiocy, by arresting the development of the brain or paralyzing the nervous system.

401. Thick everted lips, large mouth, projecting tongue, and dribbling of saliva, with a vacant expression of countenance, are early signs of idiocy.

402. An unpleasant odour is often exhaled from the skin of

* Dr. Ellis.

† *Ibid.*

idiots ; their habits are dirty. They are obstinate and brutal, with greedy appetites and often strong passions.*

403. Dr. Ellis says, 'Much may be effected even in the education and training of idiots ; in fact, it is surprising how wonderfully, under those who have the necessary patience, long suffering, and experience, the poor idiot will develop into a being with some intelligence, and with trained and disciplined habits.'

404. Father Mabillon, who was said to have been in his younger days an idiot, and to have continued in this condition until he attained the age of twenty-six years. He then fell with his head against a stone staircase and fractured his skull. For this he was trepanned. After recovering from the effects of the operation and injury, his intellect fully developed itself. He is said after to have shown 'a mind endowed with a lively imagination, an amazing memory, and a zeal for study rarely equalled.'†

405. The total number of *pauper* lunatics and idiots in England and Wales is about 40,000. All *pauper* idiots are under *Government surveillance*, and it is a pity that others are not properly watched over ; their treatment is often pitiable in the extreme.

AILMENTS OF SUCKLING.

406. As acute diseases in infant life run their course to death or convalescence more rapidly than in adults, it is the duty of the mother or the nurse to watch the first indications of illness.

407. Increase of bodily heat is the first sign of incipient disease, but this cannot be felt by the hand with certainty.

408. The temperature of the body is a better guide than the pulse in the diseases of young children, and is very easy to take.

409. The temperature of the body must be taken accurately

* Dr. Ellis.

† 'On Obscure Diseases of the Brain,' Dr. Forbes Winslow, London, 1861.

with an instrument called the 'clinical thermometer;' these are sold by chemists at about seven shillings and sixpence each, and every household should possess one.

410. The clinical thermometer predicts fever and dangerous illness, such as bronchitis, inflammation of the lungs or bowels, as a barometer does a storm.

411. *The temperature of the body in health is a little below $98\frac{1}{2}^{\circ}$ F., marked on the thermometer with an arrow; when the heat of the body at rest exceeds 100° , or falls below 97° , excepting under very rare conditions, danger may be apprehended, and medical advice should be sought without delay.

412. In using the thermometer, the bulb should be placed in the armpit, next to the skin, and not touching any article of clothing, and the arm drawn over the chest; it should be kept there for four or five minutes, then the temperature of the body read off, and the mercury brought down again to the arrow by gently tapping the thermometer against the palm of the hand.

413. If the temperature reaches 103° , inflammatory action, fever, or constitutional disturbance is severe; 104° or 105° very severe, 106° very dangerous, and 107° usually fatal; and when it reaches 108° , death may be expected within twenty-four hours. These figures refer to both sexes alike.†

414. By this means a mother may often allay unnecessary fear, and where real mischief is coming on, 'to be forewarned is to be forearmed'—and what thus might become a serious or fatal attack may be 'nipped in the bud.'

415. When awake, a child in health is lively, smiles, and throws its arms about, when illness is coming on, it is dull, peevish and listless.

416. A child in health sleeps quietly; when sickening for illness it kicks off its bedclothes and is restless, and moans.

417. Thus, should a child appear fretful and feverish at night-fall, by taking the temperature the knowledge may be gained

* See 'Medical Maxims.'

† 'Dr. Meadows.'

as to whether the child should be carefully watched during the night or not.

418. If the temperature is normal, we know at once that the disturbance may be due to a trivial and passing attack of some simple infantile ailment; if the temperature exceeds 100° the child requires *watching*.

419. As infants cannot express their feelings in language, it may be remarked that when sickening for illness, those diseases which are ushered in with convulsions in early life, have their corollary in the 'shivers' or 'headache' of grown up people.

420. It is well to remember that infants cannot bear *lowering measures in illness*, and as they rapidly part with their heat and get chilled, so do they also rapidly part with their strength and die.

421. It is most important that the *convalescence* of infants should not be interrupted, as their power of recovering from a *second* attack of disease is very small.

422. Errors in diet, and exposure to cold, are the usual causes of such interruptions; great care should be taken against exposure to cold; any chill, however slight, should be remedied by a warm bath, or a warm cot.

423. Mental disturbance in a suckling mother acts through her system on her child. 'After a great fright a mother has been known to suckle her child, and forthwith the child has died.'*

424. 'A fit of passion in a mother often so changes her milk that the infant is purged.'†

425. Jean Paul Richter says, 'One scream of fear from a mother may resound through the whole life of her child, for no rational discourse can extinguish a mother's scream. You may make any full-stop, colon, semi-colon, or comma of life, before your children, but not a note of exclamation.'

426. Hereditary disease generally shows itself in the infant at about the age of six weeks; the victim makes a 'snuffling' noise in breathing, gets thin and flabby, has eruptions about the buttocks, and looks aged and unhealthy.

* Dr. Fothergill.

† Ibid.

427. The teeth come *early* in this disease, the skin gets brown, inelastic and harsh, the child seems always hungry, and craves for food to the last; without proper treatment death is certain.

428. Mercury has marvellous power in these cases; it should be given twice a day, and continued for some time. The child soon begins to improve under the treatment. (See Appendix, 5.)

429. Vomiting and diarrhœa are indications for stopping the above treatment; and, of course, such a case requires skilled attendance.

430. A child after birth often shows a large rounded doughy swelling, sometimes of a purplish colour, on the top or side of its head.

431. This is due to the escape of blood (from pressure during labour) under the scalp, and it occurs where the labour has been very protracted.

432. It requires no treatment and is best left alone, as Nature cures it in a few days.

433. An infant's skin usually peels for a few days after birth; this is a natural process, and need cause no anxiety.

434. While this is going on, should there be redness and irritability in the flexures of the joints, armpits, etc., it is well to dust them over with violet powder. Fuller's earth is an old fashioned and dirty remedy.

435. It is not unusual for one or both breasts of an infant to begin to swell three or four days after birth, and ignorant nurses suppose it to be the correct thing to squeeze the breasts, thereby setting up inflammation, which often ends in abscess, and in *female children* prevents their suckling their offspring in after life.

436. If this requires any treatment, which it seldom does if left alone, warm fomentations or soft bread poultices are the best remedies. The breast should not be rubbed or squeezed.

437. If a child is born with the bridle of its tongue projecting too far forward, *i.e.*, 'tongue-tied,' it seems unable to hold the nipple properly in suckling, which it does noisily, at the same time dribbling the milk, from the corners of its mouth.

438. There is no remedy for this but cutting the fold of offending skin, an operation that had better be done by a surgeon.

439. It is necessary in cutting to hold the scizzors—which should be a blunt pointed pair—well down, to avoid injuring the artery that runs along the bottom of the tongue.

440. New born children, if exposed to cold, suffer a few days after birth from jaundice, the skin becoming yellow. Those carefully nursed seldom suffer, unless they are born feeble or premature.

441. In ordinary cases, nothing but warmth is necessary for its cure; should the colour of the skin become very deep yellow, half a teaspoonful of castor-oil will do good, or a little manna. (See Appendix, 16.)

442. Red-gum is a rash that shows itself a few days after birth. It consists of small red pimples on parts of the body, and sometimes all over it.

443. If it depends upon a little acidity of the stomach, and requires any treatment, which is seldom the case, a teaspoonful of lime-water given twice a day will cure it, and a little laxative medicine may be given with advantage. (See Appendix, 16.)

444. 'Skin binding' is a rare disease of early infant life; it begins in the feet or calves: the swollen parts are hard and immovable, and vary in colour from yellow to purple.

445. The disease causes great pain, and the child utters shrill cries; convulsive movements and gradually increasing stupor usher in death about the fourth day.

446. The treatment consists of hot baths, friction, and puncturing, about one in thirteen cases recover.*

447. Inflamed eyes appear—when they do appear—within a few days of birth; they may be simply a cold, passing off in a few days, but sometimes they cause great heat, swelling, and pain, and lead, if not quickly and skillfully treated, to loss of sight.

448. This disease requires *skilled* attendance. In the meantime the eyes should be syringed with warm water, and an alum lotion, six grains to the six ounces of water, dropped in three or four times a day.

* Dr. Elsasser.

449. Ulceration of the mouth is a common disease in badly fed children; it generally shows in small round white spots on the inside of the lip, cheek, or side of the tongue.

450. The remedy is borax and honey, or glycerine of borax, with an alterative powder every night. (See Appendix, 39.)

451. Flatulence or wind is the commonest of infantile ailments, and more or less all infants suffer from it, more especially those dry-nursed; the symptoms are sudden attacks of pain and crying, during which a child will neither suck nor rest, the stomach being swollen and hard, and tender to the touch; there may also be sickness, the vomited matters being undigested curd; the motions are loose and greenish.

452. Flatulence is but one symptom of the disease which causes the mischief—indigestion—induced by the stomach being loaded with more food than it can digest, or by improper food.

453. The fermentation of this induces evolution of gas and distension, with spasmodic and colicky pains, to relieve these the infant draws its legs up to its belly to relax the abdominal muscles.

454. Almost all infants brought up by hand are martyrs to flatulence, owing to the indigestible mixtures they are dosed with, and the filthy and sour state of the 'bottles' and milk given them; therefore the treatment resolves itself more into a matter of diet than of physic.

455. Where the delicate stomach of an infant has been injured with improper food, and has lost its digestive power, the food should be changed and given less often, and in a more diluted form, and where it comes up curdled, an antacid administered to correct acid fermentation. (See Appendix, 2, 3.)

456. In hand-fed infants, where the milk has been given too strong or supplemented with 'pap,' the quantity should be reduced to one-half cow's milk and one-half water, and as before stated, 'pap' should never be used before teething has commenced; before this it is *poison*. (See Teething.)

457. If the vomiting and pain are severe, the stomach should have a complete rest from all *food* for a day or two, an enema of

milk being given instead, and a little iced water *only* by the mouth to relieve thirst.

458. If there be sour diarrhœa a chalk mixture may be required. (See Appendix, 12.)

459. Wasting with green stools is often the result of too prolonged suckling; here the child should be weaned and iron and cod-liver oil tried.*

460. Then very small quantities of food may be commenced again, with a few drops of pepsine wine, or a few drops of brandy in sweetened water, cautiously administered, after which a mixture to give tone to the stomach will be beneficial. (See Appendix, 30.)

461. As most of the before mentioned ailments are caused by improper food, great care should be taken that the milk given dry-nursed children is neither sour nor putrid.

462. The milk should be kept in a nice cool clean place, and should be procured fresh—*from the same cow if possible*—twice a day; if it becomes sour it is sure to cause diarrhœa, and to prevent its turning sour ten grains of carbonate of soda should be added to each quart.

463. In hot weather it is a good plan to boil the milk.

464. *Whenever* a child vomits its milk curdled, or passes curds in its motion, the milk requires the addition of a little lime-water or carbonate of soda, both harmless remedies.

MOTHERS' MARKS.

465. From time immemorial these have been attributed to 'frights,' 'longings,' etc.; but there is no evidence that they owe their origin to any influence of the kind, one is a red patch usually covering a part of the head, face or neck, for which nothing can be done.†

466. The other 'nævus' shows itself as a red raised patch,

* Dr. Fothergill.

† Called by the Greeks 'Keloid,' from its resemblance to the shell of a tortoise.

sometimes very small ; but it grows and spreads, and will sometimes become a very formidable matter.

467. While it is small it should be touched with nitric acid a few times, or vaccinated—this will effect a cure ; where it is larger, a surgical operation becomes necessary.

NURSING.

468. 'Nursing may be said to consist in putting an invalid in the best possible condition for nature to restore or preserve health ;* and in the diseases of early life a great deal of the success of any treatment depends upon the mother or nurse of the child, carrying out the conditions indicated here.'

469. In the first place the imperative duty of a nurse is to keep the air of a sick room as fresh *within* as it is *without*, and doing so without chilling the patient.

470. To accomplish this, poke the fire, if in cold weather, and let in air from the top of the window, *not by the door* ; if in hot weather, open the door and window, but in any case keep the invalid out of the line of draught.

471. The room of a sick child should be kept quiet, and at a temperature of 60° to 65° F. in *winter*.

472. There should be plenty of light—except in brain disease—sunlight during the day, and candle-light—not gas-light—by night.

473. The room, the bed, the utensils, should be kept clean ; these are the *best safeguards against infection*. How can patients recover who are living on their own poisons, in close, stuffy, dirty rooms?

474. A nurse should notice, and be able to report correctly on the state of the secretions, expectorations, skin, temperature, appetite, pulse, breathing, sleeping, the effect of diet, stimulants, and the medicines given.

475. She should be gentle, truthful, cheerful, quiet, and vigilant during the night, and observant during the day.

* Quain's 'Medical Dictionary.'

476. She should be bright, firm, hopeful, not allowing herself to be discouraged by unfavourable symptoms, or let her patient be depressed from a want of cheerfulness on her part.

477. She should be *regular* in her duties, in her time of feeding, giving medicine, and attending to the wants of the sufferer.

478. Above all, she should scrupulously carry out the instructions of the doctor in every particular of medicine and diet, even if *she thinks it erroneous*.

479. Half the battle in nursing is to relieve the patient from having to think or act for himself at all.*

480. Though the nurse may have nothing to do in prescribing stimulants and medicines, life often depends on her knowing, in dangerous cases, how to follow the changes in the patient's state, and to act accordingly with regard to calling in the physician in charge of the case.

481. The food of a sick child should not be allowed to remain in the room before it is wanted, or after it has been partaken of. It should be brought up warm, in *small quantities*, and at the proper intervals.

482. The light in a sick child's room should be behind the patient, and candles are better than gas during the night.

483. It is an excellent plan for the nurse to jot down, for the doctor's inspection, the *quantities and number of times* that the patient has taken food, and all the changes that have occurred during the day and night, for it is *impossible* to remember them.

484. Also the character of the excretions and secretions, the amount of sleep, delirium, restlessness, cough, etc., etc.†

* Abridged from Miss Nightingale.

† How many cases have I known in my career lost through want of proper nursing; and, on the other hand, how many have I not seen saved by the vigilance and common-sense of a well-trained nurse.

DISEASES OF INFANCY AND CHILDHOOD.

INDICATIONS OF DISEASE.

485. The indications of disease in infancy and childhood are some of the following symptoms: loss of appetite, pain, increase of bodily heat, shortness of breathing, quickness of pulse, and fever.

486. As the patient may be too young to express his feelings in words, it is well to observe the expression of the face, and movement of the hands and legs.

487. To distinguish a serious ailment coming on, from a trivial passing one, in the first instance recourse must be had to—what may truly be called—the ‘Barometer of Disease’—namely, the Clinical Thermometer. (See 410, 411, 412.)

488. A child may be flushed, its pulse may be quick, its skin *feel* hot, and it may be apparently very ill, in such a case the thermometer will tell at once if the ailment is a passing one or not.

489. Should such symptoms arise towards evening, and the *thermometer show* an increase of bodily heat, the case wants watching. Should the heat be normal, the symptoms will doubtless pass off during the night’s rest.

490. ‘Temperature is a better guide than the pulse in the diseases of young children, and should be used to correct its indications.’*

491. When it is found that with any of the foregoing symptoms there is an increase in the bodily heat of over 100° F. or a decrease under 97° F., the case requires *immediate* and skilled attendance.

492. Temperature is most simple and valuable when taken as directed in Nos. 411, 412, and by *its* aid alone fevers, such as typhoid and scarlet, and inflammatory diseases, such as those of the lungs and bowels, etc., may be forecast.

493. As a barometer rises and falls before a storm or a calm, so does the heat of the body rise in fever and inflammation,

* Dr. Ellis.

or fall when the powers of life are low. (See 410 to 413.) See 'Ailments of Suckling,' 418.

494. A mastery of this simple instrument will save a mother many anxious hours, where medical aid is delayed by distance or accident.

495. An altered appearance of the *brow* and *eyes*, with continual *squinting*, betokens mischief in the *head*: of the *nose* and *cheeks*, with *rapid breathing*, in the *chest*, of the *mouth* and *lips*, with *sudden jerky movements of the legs*, mischief in the *bowels*.

496. The indications of head mischief coming on are *vomiting*, *increase of temperature*, 99° to 103° F, *loud sharp cries*, called by French physicians '*Cri hydrocephalique*,'* *contracted brows*, *thirst*, *restlessness*, and *squinting*.

497. The indications of *chest* or *throat* mischief are *shortness of breath*, *increase of temperature*, a *sharp hoarse cry*, *open nostrils*, and *extreme restlessness*.

498. The indications of *stomach* or *bowel* mischief are *vomiting*, *increase of temperature*, *drawing and jerking up of the legs*, a *low wailing piteous cry*, *restlessness* and *thirst*, *hardness of the belly*, with a *sunken and anxious expression of countenance*.

499. The skin of a child in health, should be clean and rosy coloured; blotching, chafing, and eruptions round the mouth, are indications of derangement of the stomach, or of the blood.

500. 'The nervous system in infancy is exceedingly excitable, and sympathizes immediately with very slight derangements of health; *vomiting* is a common symptom at the beginning of every acute disease, and in many children any casual disturbance is apt to be attended by it.'

501. Children in health when asleep are tranquil; if they are restless, kick off the bedclothes or gnash their teeth, there is something wrong.

502. If a child has arrived at an age when it ought, but seems unable to, use its legs, rickets should be looked for. (See 'Rickets.')

503. In children at the breast the pulse averages 116 to 120

* The cry of 'Water in the Head.'

beats per minute; above the age of two the average varies between 92 and 100 up to the seventh year.

504. A hot, harsh, and dry skin accompanies all feverish and inflammatory maladies, just as extreme prostration of strength and constitutional debility are characterized by a cold and clammy one.

505. The celebrated French physician, Bouchut, says, 'Previous to speech, God has given to the infant a language which philosophers call "natural language." It is the language of *signs*, and is only unintelligible to those who do not care to make the effort to understand it.' How important it is, therefore, that mothers should watch over their offspring themselves; can they expect a hireling nurse, constantly changed, to understand the dumb language of an infant?

ACIDITY OF THE STOMACH.

506. This is a common affection in young children, and arises from errors in diet or feeding, and often in dry-nursed children from careless washing of the "bottle," whereby the milk becomes contaminated, or it may arise from giving the milk in a sour state, and from other causes.

507. In this, the milk comes up either in its natural state or curdled and sour, from the excessive irritability of the stomach and the acidity of its secretions.

508. The best remedy is a little lime-water in the milk three or four times a day, or a mixture, for which see Appendix, 1, 2, 3.

ATROPHY, OR WASTING.

509. In infancy this disease owes its origin generally to improper feeding, whereby the stomach does not assimilate the food the infant takes, the result being long-continued indigestion, diarrhœa, and wasting.

510. Change of diet, fresh air, and careful management are the remedies. (See 'Mesenteric Disease,' also Appendix, 34.)

BED-WETTING.

511. This is generally caused by lying on the back during

sleep, and the excessive use of liquids before bed-time. It may also be due to weakness, worms, and to disordered stomach.*

512. The best treatment is to hold the child out once or twice every night at the same time, and to attend to its general health; where it arises from worms, santonine should be given, if from weakness, tonics. (See Appendix, 7 and 31.)

513. Where the child is in the habit of sleeping on its back, a reel may be tied over the spine to prevent it doing so, and where the affection is due to idleness—which it seldom is—correction, or a threat of it, might be sufficient.

BRAIN, DISEASE OF.

514. The form of disease that in adults ends in consumption, attacks the brain in children between two and seven years of age; it is a most dire and fatal one, and is commonly known as dropsy of the brain, or 'tubercular meningitis.'

515. Its early symptoms are irritability, headache, and fulness, intolerance of light, alternate flushing and paleness, constipation and sickness, quick pulse, and increase of temperature, 102° or 103°.

516. The child during sleep—which is disturbed—does not close its eyes, grinds its teeth, and is paler than natural, and has a haggard and worn expression of countenance.

517. During this stage of the disease, which lasts four or five days, recognition is essential, as this is the only time when there is any chance of arresting it.

518. In the next stage, delirium, slow pulse, sleepiness, with a peculiar piercing cry (called by the French the 'Cri-hydrocephalique'), gradually increasing stupor, squinting, then convulsions, which usher in the closing scene, before which, sometimes,

* 'In strumous (scrofulous) children, nocturnal incontinence of urine is very apt to occur, probably from the irritation produced by the urine, which is generally found loaded with acids.'—ERICHSEN.

'It may also arise from stone in the bladder, which a child should be examined for when it persists.'—*Ibid.*

there is a remission of the symptoms, which rouses hopes never to be realized.

519. The whole duration of the disease is from ten to twenty days, and it is one essentially for early and skilful treatment, any indications for which would be out of place here, with the exception of complete rest from study, and avoidance of all excitement.

520. Where one fatal case of this disease occurs, the mother's health should be attended to in any future pregnancy, and the child be reared by a good, wet nurse; its foot, clothing, exercise, etc., carefully attended to and adapted to improve and strengthen the constitution. Such a child should never be forced in its studies—they are usually highly nervous, and quick—and the slightest derangement of health should have skilled attendance, as prevention is easier than cure.

WATER IN THE HEAD.

521. This is a chronic form of the preceding disease, and begins soon after birth, or during teething in the children of weak, ill-fed, intemperate, and scrofulous parents; the head increases in size to an enormous extent, the child's intellect is impaired, its cry is harsh and hoarse, it does not notice things as it used to do; it loses flesh, its eyes roll, it often squints, its feet and hands are usually cold; convulsions often end its pitiable existence.

522. Numerous forms of treatment have been recommended in these cases, but seldom with any successful results; tonics, fresh air, and *after teething*, farinaceous diet should be tried. (See Appendix, 30. 'Diet' 13, 20, 40.)

BOILS.

523. Boils in children are caused by derangement of the digestive organs, errors in feeding, or close confinement in a vitiated atmosphere.

524. A boil should be poulticed early, and when matter forms, opened; the bowels should be kept open with gentle

aperients (see Appendix, 20), and the diet be plain and nourishing, with cooked fruit. (See 'Infant's Food,' 11, 18, 21, 22.)

BRONCHITIS.

525. This most fatal of children's diseases commences with shivering, then follows feverishness, cough, quick pulse, 130° to 150° , high temperature, 102° to $102\frac{1}{2}^{\circ}$ F., and great restlessness; flushed face, rapid breathing, dilated nostrils, with a painful expression of countenance. (See 497.)

526. In favourable cases, after a few days the cough gets looser daily towards morning, and after a week the attack subsides, the expectoration becoming yellow in colour.

527. In unfavourable, the difficulty of breathing increases, the face becomes livid, the restlessness extreme, the countenance anxious and covered with perspiration, and the case ends in profound sleep or convulsions.

528. Bronchitis is very dangerous in children under five years of age; it may be distinguished from croup by the cough, which in bronchitis is *hard, dry, and hacking*; in croup, *brassy and ringing*.

529. The breathing in bronchitis is short, rapid, and panting; in croup, laboured and crowing.

530. The treatment consists in keeping the child in bed in a warm room (60° F.), applying large linseed-meal poultices to the chest, giving an aperient (see Appendix, 15) and such a mixture as 26 or 29 in the Appendix, keeping the strength up with beef-tea, milk, etc., and even wine, where the depression is great. (See 'Infant's Food,' 13, 23, 35, etc.)

531. Dr. Fothergill says, 'There are some points of much importance in the diseases of children which may be alluded to here. The first is this: children can endure much, but if they get bronchitis it is apt to be fatal.'

532. 'Bronchitis, which very rarely kills the healthy adult, is a very grave matter at the *extremes* of life.' 'It is commonly fatal in weakly children, and it often severely tests the powers of *strong* children.'

533. 'In no ailment which we are called upon to treat is it so necessary to *look ahead* for symptoms, and to learn to meet them : milk, beef-tea and wine have often to be given freely before there seems much need of them ; if their administration be delayed until the hour of need arrives, it will be found to be too late to be of any use.'

534. 'Very commonly the mother will be found to protest against such measures, as calculated to increase the disease—so she thinks ; but she must be instructed to follow out the orders, and the result will usually confirm the view taken.'

535. 'In tea-fed children bronchitis is most fatal, and a whole family is sometimes swept away, one by one, by this malady.'*

536. During convalescence, cod-liver oil and chemical-food are indicated for a month or two ; nearly 20,000 children die every year of bronchitis under five years of age in England, and this disease always requires skilled attendance and careful nursing.

BRUISE, A.

537. A bruise is an injury to the integument beneath the skin and is caused by a blow, fall, or other violence.

538. Swelling with discolouration of the part soon comes on, and if the bruise is slight, soon subsides again, the part, from being black or blue, becoming green, yellow, and then fading again to its natural colour.

539. The treatment consists in rest and cold applications. (See Appendix, 40.)

BURNS AND SCALDS.

540. Scalds seldom penetrate beyond the skin, but a burn may go to any depth ; great heat causes destruction of tissue, and is followed by a sore of greater or less extent, according to the surface injured.

541. Scalds or burns on vital parts of the body are more

* 'Growth and Decay,' by J. M. Fothergill, M.D. (London, Macmillan and Co., 1880).

dangerous than on the extremities, and where half the body is injured, by either a scald or a burn, death is certain.

542. The symptoms of severe injury by heat are great pallor of the face, weakness of pulse, lowness of temperature, dry tongue and mouth, delirium, and sometimes convulsions.

543. After forty-eight hours, if the sufferer survives, reaction sets in: the pulse becomes fuller, the thirst urgent, there is want of appetite, and the burnt part begins to discharge matter and becomes very offensive.

544. In cases of burning, the part should at once be covered with oil and dusted with flour, if nothing better is at hand; but the best application is equal parts of linseed oil and lime-water. (See Appendix, 48. 'Infant's Food,' 3, 13, 35, 40.)

545. In severe cases of burning or scalding, when owing to shock, *no pain is felt*, brandy should be given, and the sufferer be wrapped in cotton-wool or blankets, and a generous diet administered—such as eggs, milk, etc. (See 'Diet,' 3, 13, 35, 40, 23.)

546. Great care should be taken, in removing the clothing, to injure as little as possible, the scorched or burnt parts.

547. In scalds, where possible, the parts should be immersed in cold water for some hours, to allay the inflammation and pain, and then covered as in the case of burns. What is known as 'proud flesh,' in healing burns or scalds, is only excess of granulation, which should be kept down with lunar caustic, not with powdered sugar, soap and sugar, and other absurd nostrums.

548. Burns and scalds are more fatal in children than in adults, and a burn affecting a large surface is more to be dreaded than one which penetrates deeply without being of large extent.

549. Great care should be used not to expose the sufferer to cold or draughts during convalescence, as there is danger of inflammation of the lungs and other internal organs. Tonics will assist convalescence. (See Appendix, 33.)

CANCER.

550. This disease seldom attacks children, but any growth about the gums, or tumour on any part of the body, should at once be shown to the medical attendant.

551. It must be remembered that the only chance of success by removal depends upon its being done in *the earliest stage* of its development.

CANKER.

552. Is a foul foetid ulcer, that attacks the inside of the lips and cheeks of children from two to six years of age, especially those recovering from debilitative disease, or fever.

553. It begins as a red swelling attended with great fœtor in one cheek, not painful, but hard and tense; this sloughs, rapidly involving the teeth and jaws, and commits frightful ravages.

554. This disease requires skilled advice, as destruction of the unhealthy surface by caustic is necessary, carbolic acid being the best.

555. The strength of the child should be supported with liberal diet, port wine, and tonics. (See Appendix, 6. See 'Infant's Food,' 4, 9, 13, 23.)

556. During recovery, the child should be guarded against cold, as inflammation of the lungs is apt to come on, as it does in all cases where the blood is vitiated and the nursing and food inefficient.

CARIES.

557. Young children of scrofulous habit, living in close, confined, ill-ventilated houses, are most subject to disease of the bones and joints.

558. The first symptoms are dull heavy pains and weakness in the part affected, which goes on to the formation of matter.

559. At the articulation of the bone, the part enlarges, the cartilage becoming diseased, and amputation or excision of the joint is often necessary to save life.

560. The very earliest indication of lameness, or pain in the joint, where it is not the result of an accident, should be attended to, as this is the stage that offers the best chance of remedying the mischief.

561. Rest, tonics, good diet, fresh air, in the early stage are the remedies employed by the surgeon, often with success. (See Appendix, 8. See 'Infant's Food,' 20, 23, 35, 40.)

CHICKEN POX. (See 'Fevers.')

CHILBLAINS.

562. A chilblain is really an inflammation of the skin, caused by exposure to alternate heat and cold; chilblains are common in children of weak constitution, and may be considered an indication of debility, and low vital power.

563. The parts most liable to attack are the feet and hands, and the absurd fashion that exposes the legs of young children to the cold winds of winter, is often accountable for this, and many other worse diseases.

564. In the early stage the best treatment is to endeavour to restore the circulation through the part by gentle friction with the hand, after which a liniment (See Appendix, 41) should be rubbed in, two or three times a day.

565. When the chilblain is broken, it must be dressed with zinc ointment twice a day.

566. *Wooden shoes* and wash-leather stockings would be the proper things for children subject to this disease, with generous diet, and tonics to improve the low vitality of the system, in which it finds congenial soil. (See Appendix, 30 or 31. See 'Infant's Food,' 23, 35, 40.)

CHILD CROWING. (SPURIOUS CROUP.)

567. This spasmodic disease generally attacks children during teething, and is *unattended with fever*. The clinical thermometer will show no increase of temperature.

568. The sufferer is suddenly seized with difficulty of breathing ; kicks, struggles, and seems to be suffocating. The spasm then gives way, and the air rushes through the wind-pipe with a crowing, hissing sound, and the attack is over ; sometimes to return in a few hours, or not perhaps for several days.

569. The treatment during the fit consists in applying cold to the head and face, and slapping the chest, giving at the same time plenty of air.

570. For its cure, mild aperients, a very light diet (in infants only breast milk), change of air, with such a mixture as No. 9 in the Appendix.

CLEFT PALATE.

571. In this case the palate is open from behind forwards, and as a result the child cannot articulate properly, or swallow fluids without a part of them returning through the nose.

572. There is no *cure* but by a surgical operation, which is not dangerous, but very difficult to perform. This should be done between the second and third year.

573. Some surgeons recommend the operation to be done at the age of fourteen years, but the power of correct articulation never becomes so perfect when it is delayed to this date.

574. Artificial palates are made by dentists, which to a certain extent answer the purpose of an operation.

CHOREA. (ST. VITUS'S DANCE.)

575. This is a nervous disease characterized by an inability to keep the limbs quiet, it attacks children born of nervous hysterical parents, or those whose health has been impaired by confinement or improper nourishment.

576. Worms, a blow, fright, the irritation of teething, or mental excitement, are also common causes. It is commonest in girls.

577. The victim of this disease walks with a jerky movement, cannot remain quiet, but fidgets perpetually, and—from irregular action of the muscles of the face—makes strange grimaces.

578. The duration of this disease is from three weeks to three months, and the treatment consists in keeping the bowels open and giving tonics, with generous diet, fresh air, cold baths, etc. (See Appendix, 20 and 31; bath, Appendix, 46.)

579. St. Vitus's Dance is apt to be followed by an attack of *rheumatism*, so that warm clothing is essential, during convalescence. Sometimes the victim becomes idiotic for the remainder of life.

580. A child suffering from it should not be allowed to mix with other children, for in the first place it is cruel to expose the infirmity, and in the next the effects of the principle of imitation are so remarkable in the young, that the disease may be spread to others.

COLIC. (See also INDIGESTION.)

581. In children it arises from errors in feeding, worms, or the presence of indigestible food in the intestines.

582. The treatment is a good dose of castor oil, followed by a tonic mixture. (See Appendix, 11, 34.)

583. The temperature should be examined, with the clinical thermometer, in such cases, as when inflammation of the bowels is coming on it will be over 100° Fahr., and medical advice in that case should be procured without delay.

CONVULSIONS.

584. In early life these generally arise from errors in feeding, or from teething, or worms, and are not so dangerous as in adults.

585. When the fit commences the face looks terror-stricken, is flushed and twitches, the features being drawn and distorted; the eyes roll in their sockets, the breathing is quickened, and there is frothing at the mouth.

586. If medical attendance cannot be procured, the child should be put in a hot bath of mustard and water (temperature 100° F.), and a good purgative given to clear out the bowels and relieve the head. (See Appendix, 15.)

587. The after treatment consists in keeping the bowels

regular with aperient medicines, and improving the child's general health with tonics and fresh air, as well as paying great attention to its diet for some time. (See Appendix, 1.)

588. Seventeen thousand children die in England every year from convulsions more than in the same proportion of children in Scotland. This is due to the fact that in Scotland nearly all children are suckled by the mother for the first year, whereas in England they are oftener dry-nursed. (See p. 130.)

COUGH.

589. Ordinary cough is very common in infant and child life, and if the temperature of the body is *normal*, need not create alarm.

590. A simple cough mixture may be given, such as that in the Appendix, 26, and the child kept indoors for a time, the bowels being kept open with gentle aperients. (See Appendix, 16.)

CONGESTION OF THE BRAIN.

591. Among the many causes of congestion of the brain may be mentioned teething, exposure to the sun, the onset of eruptive fevers, and derangements of the stomach.

592. Before the active and alarming symptoms come on, the child seems uneasy, complains of its head aching, is thirsty, and the face is more flushed than usual, the bowels are constipated, and the appetite variable.

593. The attack may come on suddenly, with vomiting and convulsions, or the child may be restless, sleepless, and feverish, with flushed face, hot head, and irregular working of the features. The attack may pass off at this stage, and leave no *ill results*.

594. If it runs into the next, the child becomes dull, and wishes to remain quiet, the hearing is impaired, the convulsions continue, followed by profound sleep, and usually death.

595. The treatment in mild cases is a hot bath and a good purgative. (See Appendix, 15.) Where a purgative cannot be

administered, an enema should be given to clear out the bowels. (See Appendix, 52.)

596. Where the attack is due to teething, and the gums are swollen and tender, lancing is advisable, and where it is caused by indigestible food, a purge should be administered. (See Appendix, 15.)

597. 'In applying cold, a good remedy, the child's head should be held over a basin, by an attendant, and freely sponged with cold water for three or four minutes.'

598. During convalescence the bowels should be kept open with gentle purgatives. (See Appendix, 17.)

599. A child subject to determination of blood to the head should live on *milk diet*, and have plenty of *cooked fruit* (See 'Invalid Diet' 21, 31, 27), and *very little meat*.

600. Congestion of the brain, before scarlet, and other fevers, betokens a dangerous and severe attack coming on, and skilled advice should be sought, and this without delay.

601. This constitutes what is usually called 'suppressed scarlet, or other fever,' and it may be fatal before the coming attack, of whatever kind it may be, is developed.

602. These are cases of incipient fever where it is advisable by means of a hot bath to bring out the rash, the action of the skin being important as an outlet for the poison.

CROUP.

603. This fearful and fatal disease of childhood requires immediate and skilled attendance, and is one of those the early symptoms of which a mother should know, and be on her guard against.

604. Croup is commonest in cold, damp weather, in low-lying localities, and during the second year of childhood, boys being more subject to it than girls.

605. The first symptoms of croup are those of an ordinary cold—namely, running at the eyes and nose—after about twenty-four hours the breathing becomes quicker, the child feverish, the temperature about 100° to 102°, the cough dry and brassy, and the face anxious and careworn. If the disease is not relieved,

the sufferer becomes very restless, and grasps at his throat as if to tear something away; the tongue gets thickly coated, the breathing difficult, cold clammy sweats cover the body, the nostrils work, the eyes are staring and glassy, till at length drowsiness and insensibility mercifully come to soothe the last agonies, and the poor little sufferer sinks to his rest.

606. If a medical man is not at hand, put the patient in a hot bath for ten minutes, and give half a teaspoonful of ipecacuanha wine—to a child a year old—every ten minutes until vomiting comes on; keep the child in a warm room, made moist with steam from a kettle; should the powers of life begin to fail, give wine and beef-tea as often as the sufferer will take it. (See 'Invalid Diet,' 13.)

607. Croup is fatal to over 4,000 children every year in England, the largest number of deaths occurring in the second year of life. One case in three is fatal.

DIARRHŒA.

608. The causes of diarrhœa in healthy children are usually improper food, cold, or too great heat, and in summer eating unripe fruit.

609. In young infants it is caused by teething, 'foul bottles, or improper food, and especially by *sour* milk.

610. For this simple diarrhœa a dose of castor-oil, and then milk thickened with baked flour will be sufficient; should it persist, a mixture, such as Appendix, 12, should be given; and *all broths and slops forbidden*.

611. When it arises from the irritation of teething, and the gums are swollen and tender, lancing may be tried if the diarrhœa weakens the child.

612. Chronic diarrhœa coming on after fever is very fatal; it is most insidious in its course, being better one day or week to be worse again the next.

613. This form of diarrhœa is often kept up by worms, improper feeding, close rooms, want of proper attention and cleanliness, and exposure to cold.

614. The remedy for this form is light nourishing diet (See 'Infant's Food,' 16, 17, 18, 40), and astringent mixtures (See Appendix, 13 and 14); if worms are suspected, a powder. (See Appendix, 42.)

615. Lastly comes the diarrhœa that attacks children of a scrofulous constitution, and which shows the advent of mesenteric disease—*i.e.*, disease of the glands of the bowels—a fatal form.

616. The child's motion is a pale leaden colour, the skin is hot and dry, the stomach swollen, the tongue red and glazed, the stools increase to twelve or fifteen a day, with griping, and they contain streaks of blood. When the case is likely to terminate in death, a low form of inflammation of the lungs comes on, the mouth and tongue become covered with white spots (thrush), and death eventually relieves the sufferings.

617. The most important and first remedy is proper food and warmth; the child should have rice, arrowroot, and baked flour in milk, milk and lime-water, brandy, or port wine.

618. Its general health must be improved with astringent and tonic medicines. (See Appendix, 13 and 30.)

619. Where the child is not scrofulous, a grain of grey powder at bedtime will be beneficial, with a mixture such as that in Appendix, 14.

620. Diarrhœa was fatal to 16,554 persons in England and Wales in 1882.

DIPHTHERIA.

621. This disease from its deadly nature should be detected in its early stage; it is an infectious and contagious disorder, occurring most frequently between the ages of two and ten years, and seldom after thirty.

622. It consists in the deposit of a membrane, something like wash leather in appearance, on the back of the throat and palate, and is often fatal in twenty-four hours, but more frequently in from three to twelve days.

623. The early symptoms are those of an ordinary sore throat, with great prostration of strength and pallor of countenance, and

unless the formation of the membrane be arrested, death soon takes place from suffocation and blood-poisoning.

624. The causes of this disease are living in low-lying localities, filth, over-crowding, poor living, and drinking water contaminated with drainage.

625. The best treatment is to swab the throat with a bougie covered at the top with tow or sponge saturated with tincture of iron twice a day, keeping up the strength with beef-tea, raw eggs, port wine, and giving a mixture containing tincture of iron.* (See Appendix, 37. See 'Invalid Diet,' 3, 10, 13.)

626. This fearful disease is often followed by paralysis of the throat. Diphtheria may be known from scarlatina by the absence of the *rash*, and by the appearance of the *membrane*; from croup by the *factor* of the breath and enlargement of the *glands of the neck*, which do not occur in croup.

627. In 1882 diphtheria was fatal to 3,756 persons in England and Wales.

628. Great care should be taken that the sufferer is *isolated*, and that all discharges from him or her are destroyed and buried, further all cups, spoons, etc., used in feeding, should be carefully washed, and disinfectants freely used.

629. Diphtheria kills nearly 4,000 individuals *every* year in this country, half of whom die before the age of five years; in this disease convalescence is very slow, and the child will require great care, *long after it is well*.

DROPSY.

630. This disease usually attacks children as a result of exposure to cold, during peeling after scarlet fever.

631. The early symptoms are chilliness, feverishness, restlessness, with pains across the loins and vomiting, the face is the part first affected—this becomes pasty in colour, and puffy; then the body swells, the urine is passed frequently in small quantities, and is of a *very dark colour*.

* While these pages are passing through the press, I have had occasion to use this remedy in Diphtheria with marked success.

632. The best treatment consists in getting free action of the skin by hot air baths, with the use of gentle medicines to keep up the action of the kidneys (See Appendix, 22, 23), and also of the bowels. (See Appendix, 20.)

633. During the progress of the disease, great care should be exercised not to expose the child to cold; the effect of this being to cause effusion of water into the chest, or other internal organs. The diet should be milk, barley-water, toast and water, with no solids or stimulants, until recovery sets in.

634. 'Such cases,' says Dr. Ellis, 'require unusual vigilance, and the strictest attention to little minutiae of diet and remedies, both during the actual attack and the often slow progress of convalescence.'

DYSENTERY.

635. This disease in infant life generally arises as the result of neglected diarrhoea; the early symptoms are constant purging with slimy stools, streaked with blood. During the passing of the stools there is great straining and griping, with no relief from pain, the bowels swell and become tender and burning, there is general fever, high temperature, and restlessness, rapid loss of flesh, soreness of the mouth, and a red, dry tongue.

636. Teething, bad feeding, insufficient clothing, and close, foul rooms, are common causes of this fatal disease, which should be arrested in its earliest stage. (See Diarrhoea.)

637. Bran and linseed-meal poultices to the bowels, warm baths, and *opium* to relieve pain and check diarrhoea are the first indications (See Appendix, 28), with a diet of milk, arrowroot, and rice, and after the urgent symptoms are relieved, astringent mixtures such as Appendix, 13, 14, until convalescence is established, after which great care in diet should still be exercised, as anything causing irritation of the bowels, such as pastry, fruit, currants, etc., will inevitably cause a relapse.

638. In 1870, in England, 21,415 children died of diarrhoea and dysentery, of whom 16,709 died during their first year.

EARACHE.

639. This painful affection is of two kinds: neuralgic or inflammatory, the difference being that in the former the pain is a *shooting* one, coming on and leaving as suddenly, and in the latter a *throbbing* one that is persistent.

640. The cause of neuralgic earache is cold and derangement of health, and its treatment free purgatives and tonics, with the external use of belladonna, or chloral liniment. (See Appendix, 31, 41.)

641. Inflammatory earache arises from injury to the ear; cold currents, bathing, violent syringing or probing, or otherwise injuring the internal ear; in children it is also often caused by substances, put in in mischief, setting up inflammation. The temperature, in this case, will be about 102° F.

642. Fomentations, poultices, purging (See Appendix, 15), and a few leeches, if the pain be very great, are the best remedies; in children, where there is a foreign body in the ear, gentle syringing is advisable, for its removal.

ECZEMA.—See page 115.

EPILEPSY.

643. This disease in children generally owes its origin to the irritation of teething, fright, hereditary tendency, or worms; the symptoms are much the same as in adults.

644. The flushed face, the fixed pupil, the frothing at the mouth, the hard breathing, occur as in the adult, and the fit lasts from five minutes up to half-an-hour.

645. While the fit is on, the clothes should be loosened, a piece of cork put between the teeth, and cold be applied to the head, with plenty of fresh air.

646. To prevent the recurrence of the fit, the gum *should* be lanced, if it is due to teething; the bowels cleared out with powders if it is due to worms (See Appendix, 15), and the general health improved with tonics afterwards. (See Appendix, 32.)

ERYSIPELAS.

647. When this occurs in the infant, it is generally at the navel, and all children attacked within a fortnight of birth *die*.

648. The symptoms are redness, swelling, heat, and pain in the part, with fever, and increase of temperature—102° F. to 104° F.

649. Very rarely infants get erysipelas after vaccination, but probably the same children would get it from the scratch of a pin, as there must be some constitutional defect to cause it.

650. The treatment is to dredge the part with starch-flour, and give two-drop doses of tincture of iron in sweetened water every two hours—in an infant of two or three months old.

EYES, SORE.

651. Are common in scrofulous, unhealthy children; the best treatment is fresh air, and the application every night of an ointment (See Appendix, 53), and tonics, iron especially. (See Appendix, 30.)

FAINTING.

652. This affection in children is caused by impaired circulation of the blood through the brain, from weak action of the heart, and is occasioned by fright, the sight or loss of blood, etc.

653. The countenance becomes deadly pale, the limbs refuse to support the body, giddiness comes on, and the child falls to the ground.

654. The sufferer should be laid on his back, the clothes and collar loosened, cold water sprinkled on the face, and ammonia applied to the nostrils, with fanning and free access of air, *after recovery, should there be debility*, tonics must be given. (See Appendix, 30.)

FEVERS.

655. Fevers have these characteristics: they are due to a poison, and have a period of incubation.

663. FEVER CHART.

DISEASE.	PERIOD OF INCUBATION.	RASH COMES OUT.	BEGINS TO FADE.	SYMPTOMS.
Scarlet Fever	4 to 6 days	2nd day	5th day of fever	Sore throat, increase of temperature, thirst, and loss of appetite
Measles	10 to 14 days	4th day	7th day of fever	Cold in head, pain in bowels, increase of temperature
Chicken-Pox	About 7 days	Generally on the 2nd day	Scabs form 5th day of eruption, fall off 2 or 3 days after	Feverish state of system, increase of temperature and sudden fall, appearance of eruption
Small-Pox	10 or 12 days	3rd day	Scabs form 9th to 10th day of fever, fall on the 14th	High fever and temperature, pain in back, vomiting, and headache
Typhoid	7 to 21 days	From 8th to 12th day Rose-coloured spots	According to severeness of attack, from 5 to 26 days	Quick rise of temperature, white tongue with red edge, gurgling in the bowels, diarrhoea
Typhus	10 days	End of first week	Till end of fever. Mulberry-coloured spots, fading on pressure	Heat of skin, increase of temperature, rapid pulse, restlessness, constipation, delirium, brown tongue, and sordes on teeth

656. They are preceded by rigors, and are accompanied by a fever, which runs a defined course.

657. They are attended by an eruption, which goes through a regular series of changes.

658. They for the most part attack every individual *once*, and *once* only during life—with the exception of scarlet-fever—and they arise from specific contagion.*

659. One of the earliest and most constant symptoms of fever is lassitude, and it is usually attended by a painful or irksome sensation in the back and limbs.

660. The temperature of the body as expressed by the thermometer may be taken as the indicator of the severity of an attack of fever. (See Temperature, 411, 412, 413.)

661. A fever is moderate, if the morning temperature does not exceed 102° , and the evening 103° ; high, when the morning temperature is 103° and the evening 104° .

662. A temperature of 106° , with very rare exceptions, indicates great danger.

663. (See p. 81, Fever Chart.)

CHICKEN-POX.

664. This disease is almost peculiar to infants and young children, and generally runs its course in seven or eight days; it is contagious.

665. It consists in an eruption of pimples, which on the second day appear full of transparent liquid, and are surrounded with slight redness; Chicken Pox is accompanied by very slight fever; after twenty-four hours the pimples appear milky, by the fourth or fifth day they shrivel into a dry scab, and by the eighth or ninth day the scabs fall off, leaving as a rule no scar.

666. This disease may be known from small-pox (with which it is often confounded) by the mildness of the fever and the pimple not being depressed in the centre.

667. This disease is usually so mild as to require no further treatment than a purgative (see Appendix, 19), avoidance of cold, and a warm bath when the eruption is over.

* Dr. Tanner.

668. In those cases where people are reputed to have had small-pox twice, it is doubtful whether one attack may not have been a more than usually severe attack of chicken-pox. (See Fever Chart.)

GERMAN MEASLES.

669. The symptoms of this disease are a combination of those of scarlatina and measles.

670. It comes on with little warning, the symptoms being those of a cold, running at the nose, etc.; the rash rarely lasts two days, and appears in irregular patches of a ruby red colour, on the neck, face, and upper extremities; the temperature seldom rises above 100° F.

671. The skin after this disease peels but slightly, and it gives no immunity from an after attack of scarlatina or measles.

672. It is so trivial a disease that it seldom requires active treatment, a gentle aperient and a cooling mixture being sufficient. (See Appendix, 19, 21, 24.)

673. This disease never leaves injurious effects, nor does it predispose the system to dropsy or lung disease, as scarlet fever and measles do. It ought to be called 'Ruby Rash.' (See Fever Chart.)

MEASLES.

674. This disease is infectious and contagious, and results from contamination of the blood by some morbid poison: severe epidemics of it sometimes prevail, and its fatality is enhanced in cold weather.

675. It commences with ordinary symptoms of fever—chilliness, loss of appetite, increase of temperature, and running at the nose and eyes; the eruption usually appears about the fourth day, first on the head and neck, then on the body and arms, and lastly on the lower extremities, and ere it reaches them begins to fade from the face. The rash has the appearance of flea-bites, and is of a dull red colour; at first the cough is dry, but as the eruption comes out it becomes softer.

676. Measles is only dangerous when it is complicated with inflammation of the windpipe or lungs, therefore great precautions should be adopted to keep the patient from exposure to cold, he should be warmly clad, and, *while the eruption is out, indoors in a warm room.*

677. In uncomplicated cases, simple diet, gentle aperients—which are seldom required—(See Appendix, 15, 16), and an expectorant mixture (See Appendix, 24, 26) may be necessary. Where there is soreness of the chest and a dry cough, a mustard plaster, or linseed meal poultice over the affected part will give great relief. (See Appendix, 43, 45.)

678. If measles become complicated with bronchitis or inflammation of the lungs, which may be suspected if the breathing is laboured and the expectoration viscid or bloody, with high temperature, 103° F. to 104° F., the case must be treated as directed under those heads; but skilled attendance should be sought, as under these circumstances measles is a dangerous disease.

679. The mortality from measles averages about 10,000 children per year, of which 8,000 die before the age of five; in 1882, the mortality was 12,241.

680. The same precautions should be adopted as advised in scarlet fever, and the room kept at a temperature of 60° to 61° F., a little darkened, and very quiet.

681. Milk, arrowroot, thin gruel, chicken and veal broth, beef-tea, toast and water, with cooling drinks (See 'Invalid Cookery'), are best in the acute stage of this disease.

682. Where measles become complicated with inflammation of the lungs or bronchitis, it is necessary to keep the strength up with strong beef-tea or wine.

683. The highest temperature that the body reaches in ordinary measles is 102°; where the temperature of the body exceeds this, the attack is a very severe one, or complicated.

684. Convulsions sometimes usher in an attack of measles in young children. (See Fever Chart.)

SIMPLE FEVER.

685. A feverish state of the system often obtains in childhood, from cold, errors in diet, and many other causes; it runs a course of from two to ten days.

686. The early symptoms are lassitude, loss of appetite, sickness, headache, heat of body (temperature 102°), shivering, and a hot dry skin with *no eruption*.

687. The next symptoms are a dry furred tongue, great thirst, high-coloured urine—quick pulse 130° to 140° in childhood—and rapid loss of flesh, with sometimes delirium.

688. These symptoms continue three or four days, being worse towards night; then generally sweating comes on, the tongue gets moist, the skin natural, the headache passes off, the temperature goes down to normal $98\frac{1}{2}^{\circ}$, the pulse falls, and the crisis is past.

689. The treatment consists in keeping the child quiet in a warm airy room, giving a good purgative (See Appendix, 15) and medicines which act on the skin and kidneys, to assist in eliminating the poison (See Appendix, 22), with a light simple diet, and plenty of bland demulcent drinks. (See 'Invalid Diet,' 2, 4, 6, 17, 38, 42.)

SCARLET FEVER.

690. This fever is highly infectious, and may almost be divided into three varieties: simple, where the skin is chiefly affected; severe, where the skin and throat are affected; and malignant, where the throat is chiefly and severely affected.

691. Simple scarlet fever begins after an incubatory period of four to six days with slight fever, sore throat, vomiting, shivering, lassitude and headache; the rash appears on the second day in numberless red spots: in favourable cases, the eruption remains out for three or four days, then fades; the tongue has the appearance of a strawberry, and the throat is ulcerated, there is stiffness and pain in the neck; the temperature rises to 101° or 102° F.

692. In malignant scarlet fever, the stress of the disease falls on the throat, and every symptom is intensified: the eruption, if it appears at all, is livid, there is a feeble pulse, cold skin, de-

lirium, a dry brown tongue, and great prostration of strength, and unless the victim be very robust, the attack is nearly always fatal.

693. In mild cases, the treatment consists in confinement to the house, milk diet, attention to the bowels, and the avoidance of stimulants. In the malignant form, generous diet, wine and bark, with gargles, until the deadly agency of the disease subsides, and great care should be exercised to avoid cold until convalescence is established. (See Appendix, 17, 32, 37, 38. See 'Invalid Diet,' 3, 6, 13, 41.)

694. Scarlet fever is fatal in from 5 to 15 per cent. of those attacked, and is most infectious when the skin is peeling; the patient should be isolated, and the nurse should not mix with others in the house; disinfectants should be kept in the room, and a blanket saturated with them hung over the door. This should be done in all fevers.

695. Those who suffer from scarlet fever, even in its mildest form, if exposed to cold while the skin is peeling, become dropsical, therefore great care should be taken until this peeling is over. Running at the nose and ears, abscesses in the neck, and many other diseases latent in the system, are apt to show themselves after recovery from scarlet fever.

696. In no disease is it so important to see that thorough convalescence is obtained by the aid of good diet—milk, eggs, and other lightly digested nourishment, and tonics. (See 'Invalid Diet,' 7, 8, 17, 18, 23.)

697. The poison of scarlet fever has been known to retain its power of disseminating the disease after months or even years have elapsed, when clothes put away after scarlet fever have been brought into use again; this shows the necessity of thoroughly *disinfecting* or destroying them. The poison of scarlet fever appears to be destroyed by a temperature of 205° F. (below that of boiling-water, 212° F.), so that boiling the clothes used would be sufficient.

698. Scarlet fever was fatal to 13,477 persons in 1882, in England and Wales, most dying during the third year of childhood. (See Fever Chart.)

SMALL-POX.

699. The period of incubation in this disease is twelve days, and the early symptoms are languor and a feeling of nausea; then come shivering, vomiting, pain in the back, thirst, and heat of skin—temperature 104° to 105° F.—quick pulse, furred tongue, and delirium.

700. About two days after the shivering fit comes the eruption—*first* on the face, then over the body; it begins as a little raised red spot, which increases in size for about four days, by which time it is full of matter, and has all the appearance of a vaccination pustule, happily so familiar to all.

701. The swelling and distortion of the face, when the eruption is at its height, is horrible to look at, and the smell not easily forgotten; the sufferer becomes blind from the swelling of the eyelids, the throat is sore, there is difficulty in swallowing, and the victim is the most pitiable and loathsome object imaginable.

702. About the eighth day the secondary fever begins, with great restlessness and delirium; this lasts from four to six days.

703. The crust begins to fall off about the twelfth to the sixteenth day, in the form of dry black scabs.

704. Confluent small-pox is the more severe form, and in this the eruption runs into one solid mass; and here, boils, abscesses, and erysipelas, are common complications.

705. Small-pox is contagious and infectious until after all the scabs have fallen off, and the poison of it may remain in clothes for years.*

706. Mild small-pox in the unvaccinated is fatal in one out of four cases in young children; in infancy one-half die, generally from the eighth to the thirteenth day.

* Dr. Gregory, in his Lectures, says: 'What think you of a prince of the blood royal of England' (John, the son of Edward II.), 'being treated for small-pox, by being put into a bed surrounded with red curtains, covered with red blankets and a red counterpane, gargling his throat with mulberry wine, and sucking the red juice of pomegranates? Yet this was the boasted prescription of John of Gaddesden, who took no small credit to himself for bringing his royal patient safely through the disease.'

707. The treatment consists in keeping the child in a large, cool room, on light, low diet, giving gentle aperients (See Appendix, 17), and cooling medicines (See Appendix, 22).

708. A liniment of one part of carbolic acid to thirty of olive oil should be applied over the whole body, with a piece of sponge, twice daily, to prevent pitting and also destroy, all unpleasant smell.

709. The child's hands should be sewn up in linen, to prevent it picking the sores—other complications should be treated as they arise: sore throat by astringent gargles (See Appendix, 38); diarrhoea by astringents (See Appendix, 12 or 14).

710. When pleurisy or inflammation of the lungs come on during this disease, which they often do, the case is generally fatal. (See Fever Chart, 663, page 81.)

TYPHOID OR GASTRIC FEVER.

711. The above fever is most common during the first fifteen years of life, though by no means unusual after that time, familiar cases being that of the late Prince Consort, who died on the twenty-first day of the seizure, and the Prince of Wales, who happily recovered. The stress of the poison in this disease falls upon the bowels; hence the name 'gastric fever.'

712. Gastric fever is most common in the autumn, and is caused by inhaling poisoned air from drains, cesspools, or putrescent matter, or from drinking water contaminated by sewage, or by the leakage from water-closets or privies, or the excreta of those suffering from the disease.*

713. 'Thousands of lives are lost annually through ignorance and carelessness of the fact that badly constructed drains and impure water mean illness and death, and from apathy in remedying these causes.'

* 'Typhoid fever is rare in young infants, but cases are on record of its occurrence, even in babies of six months. Children fed artificially (dry-nursed) are distinctly more liable to typhoid than those fed at the breast, unless the mother take the disease.'—Dr. West.

714. Until the legislature passes laws as stringent for the prevention of disease among human beings as it does for the preservation of cattle, this awful mortality will continue.

715. It is a well-authenticated fact that gastric fever is not catching one from another, and if proper care be taken to destroy by disinfection with carbolic acid or chloride of lime the excretions of the patient, and the strictest cleanliness be attended to, the chance of its spreading is but small.

716. The period of incubation in this disease varies from a week to fourteen days: the sufferer first feels languid and uneasy; in a day or two there are chills, headache, intolerance of light, thirst, complete loss of appetite, and pains in the limbs; followed by weakness, a quick pulse, a tendency to sickness, diarrhœa, rumbling of the bowels, and a disinclination to sit up; the tongue is covered by a thick creamy fur, and the motions are pale drab-coloured, and very offensive.

717. If the case is severe, the pulse rises to 120° , and the temperature from normal $98\frac{1}{2}^{\circ}$ to 104° or 105° F. There is delirium, a brown dry tongue, and a dry harsh skin; the water becomes very high coloured and scanty, the child picks at its nose and lips, the bowels become distended and tender; at the commencement of the second week the rash comes out: it consists of rose-red spots on the belly, chest, and back, sometimes on the legs and arms, and this rash is characteristic of the complaint; the spots are few in number, are circular, disappear temporarily on pressure, and fade away in two or three days, to be replaced by a fresh crop, this latter eruption going through the same course until the end of the fever.

718. As twenty to eight-and-twenty days of exhausting illness have to be got over before recovery, it is obvious that sustaining the strength is of the first importance; this should be done with beef-tea, veal broth, milk puddings (*without currants*), milk and lime-water, calf's-foot jelly, and towards the end of the illness, if there be great exhaustion, port wine.

719. The treatment consists in keeping the bowels in check with astringents (See Appendix, 12, 13, 14), placing the child

in a large warm room. 'The greatest possible care should be taken to preserve the powers of the stomach,' and in this stage milk and soda-water, in EQUAL parts, makes a nice nourishing drink.

720. 'As the life of the patient may depend on his or her power to digest nourishment towards the end of the disease, this is the very key-note to the successful treatment of typhoid fever.'*

721. The dangers to guard against, during the course of typhoid fever are bleeding from the bowels and inflammation of the lungs.

722. The temperature of the patient should be carefully watched twice a day with the 'clinical thermometer,' and where necessary the 'cooled bath,' beginning at 97°, lowering to 68°, may with the advice of the physician in attendance be tried. This disease is essentially one for skilled treatment, but the successful convalescence is in the hand of the nurse or mother of the child, and is only to be attained by great care in diet, warmth, and pure air when convalescence begins.

723. The diet during convalescence should consist of light puddings, rice, tapioca, custards, boiled fish, beef tea, milk and EASILY DIGESTED nutriment, a SINGLE departure from which may cause fatal complications (See 'Invalid Cookery' 2, 4, 7, 8, 10, 17, 20, 23, 24, 26, 40), then tonics (See Appendix, 32 or 35).

724. In this disease, above all others, it is necessary to destroy the discharges of the patient by means of chloride of lime, and to take special care that the water used in washing the bed and other linen used by the sufferer, does not contaminate that employed for household purposes.

725. As the disease is a *germ*, the most severe epidemics of it have been spread through the contamination of dairy milk, or a running stream, by the admixture of this subtle poison.

726. All household utensils employed in the sick-room should not be used by other children in the house, and those in actual attendance on the sufferer should be kept apart, at meals and

* Dr. Ellis.]

other times, from the other members of the household. (See 695.)

727. Typhoid fever was fatal to about 17,000 in England and Wales in 1882.

TYPHUS FEVER.

728. This disease of filth, overcrowding, and bad ventilation, is so rare in children as scarcely to require notice here; its period of incubation is twelve days. (See 'Fever Chart,' p. 81.)

729. It differs from typhoid in that diarrhœa is rare; there is seldom bleeding from the bowels or pain and swelling of them, and the eruption is of a deep mulberry colour; the early symptoms are intense headache, temperature of 104° or 105° F., feverishness, sleeplessness, thirst, high pulse, loaded and brown tongue; the eruption in children covers the whole body.

730. The treatment consists in putting the patient in a large room, free from hangings, curtains, carpets, and all unnecessary furniture; keeping the strength up with beef-tea, jellies, eggs beaten up with wine, or milk. Corn-flour, and arrowroot should be continually given in small quantities; and to drink, lemonade, black-currant water, whey, barley-water. With* a mixture such as No. 32 in Appendix. (See 'Invalid Diet' 3, 4, 7, 13, 23, 35, 41).

731. This fever is highly contagious one to another, so the sufferer should be isolated in every possible way, disinfectants being freely used about the house, as in typhoid, and the bedding and clothes disinfected or destroyed after the case is over.

732. 'The mortality from typhus in children under ten years of age is about 5 per cent.; between ten and twenty years of age, 8 per cent.; and it increases as age advances.'

FLATULENCY.

733. This arises from a disordered state of the stomach, whereby fermentation takes place and gases are generated, giving rise in infancy and childhood to stomach-ache and colic.

734. For its cure, strict attention to diet should be observed, and medicines to correct the acid or weak state of the digestive organs administered. (See Appendix, 1, 2, 4. See 'Indigestion'—'Acidity'.)

735. An infant may be known to suffer from flatulence and griping when it takes the breast or 'bottle' for a second or two, then lets it go and cries violently.

736. These are the cases in which mothers are too apt to fly to the assistance of *opiates*, soothing syrups, and other quack medicines that kill so many thousand infants every year.

737. In the flatulency of infants, opium only tends to increase the mischief by constipating the bowels and vitiating the secretions of the stomach.

738. If the child is suckling, the health and diet of the mother should be attended to.

739. A warm linseed-meal poultice on the stomach and bowels will often enable the infant to expel the wind, and thereby procure relief; and for medicine. See Appendix, 11.

FRACTURES.

740. Children's bones are very liable in some states of the system, or from falls or blows, to bend or break—from an insufficiency, or from too much, earthy matter in their composition.

741. It may be remembered that in injuries about a joint, a bone may be *dislocated and broken*, or *dislocated only*. Where it is either, there is distortion of the joint, loss of power and *motion*, with *swelling*, pain, and numbness.

742. Dislocations should be reduced as soon as possible after they occur, and require skilled attendance, as a life-long injury may be the result of delay or seeking the advice of bone-setters and quacks.

743. The symptoms of fracture are loss of all power in the limb, pain, grating of the bones when the part is moved, and rapid swelling.

744. The treatment, until a doctor arrives, should be to place

the limb on a pillow, in the easiest position for the sufferer to bear—bent or relaxed, as the case may be—and to apply cold applications.

745. It must be remembered that broken bones require immediate attention, and that the setting is done with less pain and after mischief, if it is done soon after the receipt of the injury.

746. The bones of young children sometimes bend like a green stick; this is known as 'green-stick fracture,' and requires no treatment beyond rest and cold lotions. (See Appendix, 40.)

747. Fractures are compound where the broken bone protrudes through the skin, and comminuted where the bone is splintered into pieces; these are far more serious than simple fractures.

748. Great care and tenderness are necessary, where the bone is nearly protruding through the skin, in moving the limb, to avoid making the case a compound fracture, as the ends of a broken bone are pointed, or sharp.

749. Where the bone does protrude, and there is bleeding, put a pad of linen saturated with cold water over the spot until a surgeon arrives, and keep it in position with a silk handkerchief tied round the limb.

750. In children a fracture unites with tolerable firmness after from three to six weeks.

GASTRIC FEVER. (See 'TYPHOID.')

GASTRIC CATARRH.

751. This is a common disease of young children, especially after measles or whooping-cough, or it may be caused by worms, teething, or any irritation of the stomach, or from eating improper food.

752. The symptoms are sickness, bilious vomiting, irregular appetite, the food often coming up directly after it is taken.

753. The child wastes, and looks pale and pasty; the breath is offensive; there is broken sleep; the bowels are constipated

at times, and at others relaxed, the motions being slimy and sometimes bloody.

754. Where this disease arises from the irritation of teething, the gums should be looked to; where from worms, a powder should be given; and if from errors in diet, the food should be changed; nothing but weak beef-tea, and milk and lime-water taken, with small doses of grey powder every night, and such a mixture as Nos. 32 or 36 in Appendix.

755. Where this disease is neglected, it runs on to a severe form, the motions becoming most offensive; the countenance gets pasty and haggard, and the eyes sunken, with dark rings around them, disease of the bowels being set up, which soon terminates life.

GASTRITIS, OR INFLAMMATION OF THE STOMACH.

756. Occurring from poison or drinking boiling water, requires immediate attention; if from the former, vomiting should be immediately induced by tickling the throat with a feather and giving ipecacuana wine (teaspoonful doses), olive oil, and the white of egg. If from the latter, ice and milk, lime-water, with injections of beef-tea and milk by the bowels, until the inflammatory state has subsided.

HARE LIP.

757. Is a malformation of the upper lip with which a child is sometimes born. It may be single or double. The best remedy is an operation, which should be performed when the child is three months old.

758. The operation consists in paring off the edges of the separated part, and then bringing them together — a simple process which remedies a great deformity.*

* See 'Medical Maxims.'

HEADACHE

759. In children arises from a disordered state of the stomach, and the best remedy is a good purge. It is also the precursor of many serious diseases, such as fevers; and where there is shivering and loss of appetite with it, the temperature of the body will show whether it depends upon anything more than some trivial passing cause. (See Appendix, 15.) (See 411, 412, 413.)

HEART DISEASE

760. In children is usually the result of rheumatic fever, causing thickening of the valves of that organ, the heart being very liable to inflammation during the course of that most disastrous disease.

761. In children disease of the heart is more serious than in later life, the valvular mischief becoming worse as they grow. Such children require a calm, quiet mode of life, warm clothing, and good diet; they seldom see adult age, dropsy of some of the larger cavities of the body coming on and terminating existence.

762. A form of heart disease, in which there is a permanent blueness of skin, sometimes affects infants from birth, and is known as 'blue disease.' It arises from a deficiency in the construction of one of the valves of the heart.

763. Those who are born with this disease generally die at a very early age. Should they survive, they suffer from palpitation, fits of fainting, coldness of the body, and to them life is a burden.

764. A nourishing diet, warm clothing, and a calm, equable mode of life, are all that offer relief in this disease.

HERNIA. (See 'RUPTURE.')

HIP-JOINT (DISEASE OF).

765. This most disastrous affection of childhood usually presents itself between the age of 7 and 14 years in scrofulous children, or those badly nourished and dry-nursed in infancy.

It may also arise from a fall, or from cold, lying on damp ground, or exposure to wet.

766. The early symptom is a slight lameness and pain, which is referred to the *knee*; the limb becomes slightly longer than the other, and the child loses flesh, the night's rest being broken by the pain and the appetite impaired by the attendant fever.

767. The next stage is a collection of matter in the joint, which bursts *usually* externally, and this goes on discharging for years, healing in one place only to break out in another, until a stiff joint or death terminates the case.

768. The treatment consists in *early* and *absolute* rest, fomentations and poultices to relieve pain, and attention to the general health by means of tonics, good diet, bark and wine, preparations of iron, etc. (See Appendix, 8, 30.)

769. Dr. Fothergill says, 'Our fairest child, the little, piquant, precocious fairy, whose pretty imperiousness compels all to yield to her caprices, with open eyes and long eyelashes, the family pet, is usually not a perfectly healthy creature any more than is the bright girl whose neck becomes furrowed with the cicatrices of scrofulous ulceration, *i.e.*, King's Evil.'

HOOPING-COUGH.

770. This disease is infectious, is attended with slight fever and vomiting; it lasts from two or three weeks to as many months.

771. The sufferer, after a latent period of five or six days, is feverish, with running at the nose, oppression at the chest, and violent cough; at about the end of ten days, the cough assumes its peculiar shrill sound or whoop. The paroxysms become so violent, that the child seems on the point of suffocation, when a long inspiration takes place, the rush of air through the contracted windpipe causing the peculiar crowing noise so familiar to mothers of children.

772. When the fit is over, the child returns to its play apparently well, and takes food, only to have another attack of *spasm* with the same result.

773. When the fits of coughing are very severe, bleeding at the nose is common, and the food taken comes up.

774. The treatment consists in keeping the child indoors, clothing it warmly, and giving light, nourishing food, with demulcent drinks (See 'Nursery Diet,' 3, 17, 23-38, 42, 43); a mixture such as No. 9 in Appendix, and rubbing the spine with belladonna liniment. (See Appendix, 41.)

775. When the case becomes chronic, nothing does so much good as a change of air to the seaside, with tonics (See Appendix, 30, 33), and cod-liver oil. (See Appendix, 50.)

INWARD FITS.

776. Usually means that state when a child is flushed and irritable, with muscular twitchings, after eating indigestible food; the pulse is high—130°—and there are feverish symptoms.

777. A good dose of calomel and jalap is the best remedy, with the application of cold to the head. (See Appendix, 15; see 'Brain Disease.')

778. When a child moans in its sleep, and twitches the muscles of its face, old nurses say it is suffering from 'inward fits,' when really a little flatulent indigestion would more correctly designate the ailment.

779. A few drops of sal-volatile in peppermint-water, in such a case, would give relief. (See Appendix, 11.)

ITCH.

780. This loathsome disease appears in the form of minute pimples, usually between the fingers; and in very young children on the soles first, then spreading over the body.

781. If neglected, after a time cracks and blisters appear, and the pimples fester.

782. This disease arises from contact with others affected, and is common in workhouses and schools, where a want of cleanliness prevails; it is a disease of filth, and is caused by a living parasite, which burrows and breeds in the skin.

783. A remedy for it is the sulphur ointment sold by chemists. Before this is applied, the child should be washed in soap-and-water, then the ointment rubbed over the *whole* body, for two or three nights before the fire, the same clothing being worn during the process.

784 After this, the bed-clothes and clothing should be baked, and the child have a complete change from *head to toe*, and after that a thorough good hot bath, with soaping, to remove all traces and smell of the sulphur.

JAUNDICE.

785. In children, after infancy, this arises from some obstruction to the flow of bile through the gall-duct.

786. The early symptoms are headache, giddiness, restlessness, sleeplessness, with morose and sullen temper; the child seems depressed; the skin is dry, the motions *clay*-coloured, the urine dark.

787. In the next place, the whites of the eyes will be found more yellow than natural, and, if the disease persists, they will become a deep saffron-colour.

788. The treatment consists in giving small doses of grey powder each night at bed-time, with a mixture during the day. (See Appendix, 5, 36.)

789. The diet should consist of light nutriment (See 'Nursery Diet,' 7, 8, 9, 35), with acidulated drinks. (See 'Nursery Diet,' 6.)

790. The region of the liver (beneath the ribs, on the right side) should be rubbed twice a day with a stimulating liniment; or a mustard plaster may be put on the part instead, until the skin becomes red and inflamed. At the same time the child should be warmly clothed, and, if the weather is cold, kept in a warm room.

KING'S EVIL.

791. This disease is usually inherited from scrofulous parents, but it may be caused, by breathing a foul atmosphere, bad food, *and want of exercise*.

792. It is only a manifestation in the glands of the neck of a constitutional disease, often induced by the intermarrying of blood relations, and of people who inherit the taint of scrofula.

793. The remedies are good food, fresh air, cod-liver oil, and preparations of iron. (See Appendix, 8, 50 ; see 'Scrofula.')

LARYNGITIS (INFLAMMATION OF THE WINDPIPE).

794. The first symptoms of this disease are hoarseness, and pain in the windpipe in swallowing ; then fever with high temperature, 102° or 103° ; after which the breathing becomes laboured, and the voice falls to a whisper.

795. The causes of inflammation of the windpipe are swallowing scalding fluids, extension of inflammation in scarlet fever, and 'violent and long-continued crying.'*

796. This is a dangerous disease ; and at its commencement the child should be put in a moist, warm room, wet compresses applied to the throat, and purgatives freely administered (See Appendix, 15), and a mixture to allay the inflammatory action (See Appendix, 25), with skilled attention.

797. Where suffocation appears imminent, the operation of tracheotomy is necessary ; this is done by opening the windpipe below what is known as 'Adam's apple,' and enabling the child to breathe through the opening by the aid of a pipe, until the inflammation has subsided, nutriment being given by means of enemata. (See Appendix, 56.)

LIVER SPOT.

798. This disease appears in the form of patches of a dull yellowish-brown colour on the skin of the chest and stomach.

799. It is caused by a living plant, and is *contagious* ; want of cleanliness favours its production, more especially wearing flannel not changed sufficiently often.

800. The treatment consists in bathing the parts affected with

* Dr. Billard and Dr. Barthez.

a sulphurous acid lotion, or a lotion containing three grains of corrosive sublimate to an ounce of water.

801. Care must be taken, after applying this, that the under-clothing is changed and kept clean, and the child should have a good soap bath twice a week for some time.

MESENTERIC DISEASE ('CONSUMPTION' IN THE BOWELS).

802. In this disease, which attacks badly fed scrofulous children living in an unhealthy atmosphere, the *bowels* become large and drum-like, while the *other parts* of the body waste.

803. The symptoms are pain in the bowels, so that the child lies with its legs drawn on its body, constipation (the motions being clayey), and rapidly increasing weakness.

804. Dropsy of the bowels is caused by enlargement and disease of the glands of the bowels (mesenteric glands);* its symptoms are hectic fever, and profuse sweating; variable bowels, generally relaxed; great pallor and debility, with extreme emaciation.

805. As this disease depends upon constitutional defects, fresh air, iron, cod-liver oil, and a generous diet (See Appendix, 30), are the remedies that offer hope of relief; the state of the bowels may require gentle aperients or astringents, according as to whether they are constipated or relaxed. (See Appendix, 12, 17.)

MUMPS.

806. This disease is inflammation of the salivary glands, especially of the one under the ear, and occurs in early life, though it is not unknown in adults.

807. It is generally preceded and accompanied by feverishness, with swelling and pain in the cheeks and jaw, extend-

* To comprehend the cause of mesenteric disease, it is necessary to understand that 'tubercular' matter becomes effused into the glands of the bowels, destroying their structure, and thereby preventing the passage of nourishment through the convoluted tubes which traverse these glands, so that the nourishing part of the food eaten is not taken up into the system and blood; hence the wasting, and difficulty of curing this disease when it is firmly established. It will thus be seen that *any hope of curing consumption* (this being one form of it) *lies in treating the disease in its earliest stage.*

ing from the chin to behind the ear. The disease reaches its climax in four days, and takes about the same time to decline; it very seldom causes abscesses.

808. The treatment, when any is required, consists in the use of milk diet, gentle aperients, cooling medicines (see Appendix, 20), and hot fomentations to the throat.

NETTLE RASH.

809. This eruption of the skin, which is attended by intense itching, takes its name from the close resemblance it has to the sting of a nettle.

810. No part of the body is exempt from the rash, which in the acute form is attended with slight feverishness, a feeling of uneasiness, headache and vomiting. This disease is sometimes chronic, lasting for years, and the source of great annoyance.

811. Its cause is derangement of the digestive organs, arising from eating particular kinds of diet, such as shell-fish, oatmeal, mushrooms, nuts or cucumbers, or from the use of certain medicines, also from teething.

812. Where it depends on stomach derangement, purgatives and tonics are required; where from an indigestible meal, an emetic, with simple diet and no stimulants. (See Appendix, 15, 36.)

NEURALGIA.

813. Consists of violent pain in a nerve, occurring at intervals, suddenly subsiding, to return again with more violence; it is usually worse at night, and attacks nerves in the head, trunk, or extremities.

814. In those suffering from this painful affection a current of cold air, a shake or jar, will bring on a paroxysm, which will prevent all attempts to procure sleep.

815. The causes of neuralgia, tic-doloureux, brow ague or sciatica, are exposure to wet and cold, enfeebled states of the system, poison in the blood, and derangement of the digestive

organs ; where it attacks one side of the face, it is often due to decayed teeth.

816. The treatment consists in removal of the cause : if from decayed teeth, extraction ; if from an enfeebled state of the system, tonics, nourishing diet, change of air, with the external application of anodyne liniments. (See Appendix, 31, 41.)

NOSE, DISEASE OF.

817. A common affection of weakly scrofulous children is an offensive discharge from the nose ; it arises from chronic inflammation of the internal membrane, and sometimes ends in disease of the internal bones of the nose.

818. To remedy this disease, the nose should be syringed with an injection of alum or zinc, and the health improved with tonics, fresh air, generous diet. (See Appendix, 30, 49.)

819. The offensive smell in those suffering from ozæna (its proper name), makes the sufferer a nuisance to those living around him or her, and if for no other reason, the nose should be syringed twice a day with the above lotion, used warm, and with considerable force.

PARALYSIS.

820. This disease occurring in children is not so serious as in adult life, and with judicious treatment the use of the affected limb may be restored.

821. One leg is generally attacked, but sometimes the arm on the same side may also suffer, the attack usually coming on suddenly.

822. The child may be observed to stand on the healthy limb, while the toes of the affected one are turned *inwards when walking* ; after a period of four or five weeks the limb begins to waste, and its growth is retarded and temperature lowered.

823. Where this disease depends on the irritation of teething, lancing may be necessary ; if from worms, santonine (see Appendix, 42), and a course of tonics with fresh air, nourishing food and gentle aperients ; but it is best to seek skilled assistance *the first*, if it can be procured. (See Appendix, 30.)

824. The child should have a go-cart to exercise its limbs with, and salt water baths, with thorough dry rubbing afterwards. (See Appendix, 46.)

825. Electricity has been found very beneficial in restoring the use of paralysed limbs in children, and should be tried.

PHTHISIS. CONSUMPTION.

826. Though this is a serious disease of very early life, it is not so hopeless in its termination as in adult life, and if detected in its first stage, when the child begins 'to droop,' may with proper treatment and great perseverance be cured.

827. Consumption really means the deposit in the lungs, brain, or bowels, of a cheese-like substance called tubercle; this, being a substance of low vitality, runs its course, and dies long before the surrounding tissue, and leaves a little sore; as the lungs are thickly studded over in places with these millet-seed-like substances, the sores coalesce and form one vast ulcer, which by its discharge soon terminates life.

828. The causes of phthisis in children are those which induce a low vitiated state of health, such as 'bottle feeding,' unsuitable food in infancy and childhood, hereditary tendency, cold, damp, insufficient clothing, and the mischief caused by pleurisy or inflammation of the lungs, from which convalescence has not been perfect.

829. This disease creeps on almost unnoticed; the child seems languid and fretful, complains of aching pains over its body, a little cough, the phlegm of which is swallowed, then come feverishness and *rapid* wasting, with profuse perspirations. The child soon acquires an *old* looking appearance, very painful to see.

830. Where there is hereditary tendency to this disease, the greatest care should be taken to improve the general health of the child in every way, with *animal* food, fresh air, exercise, warm clothing, and change of air—to the seaside if possible. If the appetite fails, recourse must be had to tonics; if there is diarrhoea, it should be checked, and where the stomach will take it, cream, or cod-liver oil should be given, and salt-water

bathing, warm or cold, according to the time of the year, resorted to. (See Appendix, 30, 46, 51. See 'Nursery Diet,' 8, 9, 11, 13, 21, 23, 32, 40, 41, 43.)*

PNEUMONIA (INFLAMMATION OF THE LUNGS).

831. This fatal disease of infant life begins with feverishness, restlessness, cough, rapid breathing, thirst, great heat of body (104° F.), and dry, red tongue. The breathing is so rapid that the infant, when at the breast, sucks a few times, then gasps for breath, and keeps its mouth open to draw in more air. (See 411, 412, 413.)

832. When a large part of the lung—or lungs—is affected, the nostrils work and the face is blanched, the child fighting for breath, until insensibility mercifully comes to soothe, this, often the too early close of its earthly existence.

833. In this and all other lung affections the child should be kept in a large warm room, a hot linseed-meal poultice should be put on the chest and back, and changed as soon as it becomes cold; a mixture such as No. 25 in Appendix given every three or four hours; but, where possible, this disease should have prompt and skilled attention. During convalescence warm clothing is essential, and blood-restoring tonics. (See Appendix, 31.)

834. In the early stage, beef-tea and nourishment should be freely given, and brandy and milk when symptoms of sinking come on—pallor of countenance and failing rapid pulse.

PROLAPSE OF THE BOWEL.

835. Is a common occurrence in infancy and child life, and is often due to the abuse of purgatives, especially of 'Steedman's Powders,' which contain calomel.

836. It generally occurs in weak, unhealthy children, or those dry-nursed and badly fed, who suffer from constipation, and are by some mothers necessarily dosed with quack remedies, like the above powders.

837. The treatment consists in gently pressing back the

* For climates for consumptives, see 'Medical Maxims.'

bowel with a towel, or a well-oiled finger, and injecting astringent lotions, with tonics (tincture of iron), given internally (see Appendix, 37, 54), and sponging the parts afterwards with cold water.

838. Cold baths and a little confection of senna given at bedtime are aids to cure. (See Appendix, 46.)

839. Early attention to this affection is most important, as, though at first the bowel only falls when the child's bowels act, after a time an attack of sneezing or coughing will bring it down.

840. Young children suffering from this complaint should be made to pass their motions in a recumbent position, to prevent straining, and carefully sponged after each action of their bowels. *Castor-oil* is a bad purgative in this disease.

PLEURISY.

841. Or inflammation of the covering of the lungs, is not very common before the age of five years, unless from improper exposure to cold after scarlet fever, inflammation of the lungs, or measles.

842. It commences with a dry cough, high temperature, 103°, sharp pain in the part attacked, like the cutting of a knife; the breathing is hurried and short, pulse 130 to 140; the tongue white, the bowels confined, the face flushed, and the urine high-coloured.

843. The pain in pleurisy causes the infant or child to scream violently at intervals, more especially when the head is raised, and in this it differs from inflammation of the lungs, where the distress may be quite as great, but the agony is not so acute.

844. If the disease is allowed to go on unchecked, effusion of fluid takes place into the chest, and surgical interference becomes necessary, *i.e.*, tapping.

845. As this disease requires skilled attendance, beyond a brisk purgative (see Appendix, 15), and linseed-meal poultices to the painful part, nothing should be done until medical advice is procured, which should be without delay.

846. If this be impossible, five minims of ipecacuana wine should be given every three hours, or the mixture in Appendix, 24, 25.

QUINSY.

847. This is rare in children under twelve years of age; when it does occur, it begins with cold shivering fits, feverishness, pain in swallowing—the tonsils can be seen red and swollen—and darting pains occur from the throat to the ear.

848. In children it seldom forms an abscess, but causes enlargement of the tonsils, so that the voice is thick and husky; the child snores in its sleep, and is subject to violent fits of coughing.

849. The treatment is simple, and if used early, will cut the attack short: free purging, or an emetic, with an astringent gargle, and linseed-meal poultices to the throat. (See Appendix, 15, 38.)

RHEUMATIC FEVER.

850. In early life generally shows itself after an attack of St. Vitus's Dance, scarlet fever, or diphtheria, and is so serious from the injury it is apt to cause the valves of the heart. (See 'Heart Disease'.)

851. The attack comes on with shivering, feverishness, high temperature, 104° F., followed in a day or two by swelling of some of the joints; the tongue is white, and there is a sour acid perspiration, the smell of which is not easily forgotten. The water is high-coloured, and deposits a brick-dust sediment.

852. This disease is a most painful one; the little sufferer is unable to stir without agony, and the pain often moves from one joint to another, the larger joints—the first affected—becoming very hot, red, and swollen: the pain and fever increase towards evening.

853. When there is a sharp, short pain in the left side during the course of this disease, and the *pulse* becomes irregular, *heart-mischief*—most of all to be dreaded—may be suspected.

854. The affected parts should be clothed in flannel or cotton-wool, and a mixture containing salicylate of soda given every four hours, (See Appendix, 55.) Milk and soda-water, beef-tea, lemonade, toast and water, are the best articles of diet during the acute stage. (See 'Invalid Cookery.')

855. During, and after convalescence, the body should be warmly clothed if the weather is cold, with flannel next to the skin; and a child who has once had the disease is always more subject to changes of temperature after, and requires great care in clothing, etc. (See Clothing).

RICKETS.

856. This is a constitutional disease, in which there is a peculiar condition of the bones, whereby they become bent and distorted.*

857. It is common in the children of drunken scrofulous parents, and of those who suffer from inherited disease, syphilis, etc., but the commonest cause of all is improper and scanty feeding, in infancy, especially bottle-feeding and dry nursing, combined with bad management, bad ventilation and insufficient clothing.

858. 'It is the most common, the most important, and in its effects the most fatal of diseases which exclusively affect children.'

859. Rickets generally shows itself during first teething, sometimes as early as the fourth month of infant life, and the first symptoms are fretfulness, uncertain appetite, thirst, swelling of the belly and of the joints, generally the wrists and ankles, and weakness.

860. In the next stage the child begins to look careworn, the eyes are unnaturally bright, the body is tender, there is profuse perspiration, the head enlarges, and now the long bones begin to curve, the spine gets crooked, and the joints swell.

* Bone consists of 31 parts of animal matter to 69 parts of earthy matter in 100. In rickets the animal matter is in the excess, so that the bones become soft and pliable. Mr. Stanley says 'it takes *two* years for *recovery* of the bone to its proper strength and composition,' and Professor Erichsen asserts that 'the disease never takes place after puberty.'

861. In the next stage there is loss of power, foetid stools, capricious appetite, and exhaustion, death often taking place from convulsions or profuse diarrhoea; should recovery ensue, the disease is still highly disastrous, and leaves an impaired constitution and the seeds of future suffering.

862. This disease being caused by mal-nutrition, it becomes necessary, in treating it, to give proper food, to pay great attention to fresh air, warm clothing, and all those means which improve the general health, to give *milk and lime-water*, cream, chemical-food (see Appendix, 30), and gentle aperients (see Appendix, 19), by which means, taken in time, much of the mischief may be arrested, and the earthy matter which gives strength to bone increased.

RINGWORM.

863. This disease generally attacks the head, and shows as bare, round patches, from the size of a sixpence to a half crown or larger, covered with loose, white scales, or in clusters of yellow pimples, which spread over a great part of the head, the scalp becoming quaggy and oozing with matter.

864. It is very contagious, but seldom leads to permanent baldness, unless neglected; then it destroys the hair follicles, sometimes even over the whole body, causing considerable deformity.

865. The treatment consists in applications which destroy the fungus, to apply which, the hair must be cut short or shaved.

866. The best application is acetic acid; this should be applied with a camel's-hair pencil well over the affected parts two or three times, care being taken that they are all touched with it.

RUPTURE.

867. In infant-life the navel is apt to protrude in the shape of a little bag, soft and elastic to the touch, which can be returned on pressure.

868. When the bowel protrudes in this form, or in the groin, it sometimes becomes tightly constricted, and cannot be returned.

this state the rupture is called strangulated, and is highly

dangerous. The sufferer should be put in a hot bath, and medical advice sought without delay ; for if it is not quickly remedied, a surgical operation becomes necessary.

869. An indiarubber truss, with a little air-pad to fit over the navel, is sold by chemists to remedy this disease. The circumference round the body at the part is all the measurement required.

870. A more serious and troublesome form of rupture is that which occurs in boys, where the bowel descends along the groin to the bag.

871. The early symptom is a small, painless swelling in the groin, which increases in size in *straining* or *during coughing*. This should be immediately attended to, but in children, on account of their restless habits, it is very difficult to keep—the necessary appliance—a truss in its proper place.

SCROFULA.

872. Of all constitutional complaints that develop early disease, this is the commonest. Not only is it hereditary, but also easily induced by unwholesome and insufficient food, dry-nursing, bottle-feeding, scanty clothing, close rooms, and all those influences that cause low vitality and a vitiated state of the blood in children.

873. Children with this taint suffer in early life from glandular abscesses, commonly called ‘cold abscesses,’ that discharge thick, curdy matter, and run for years, such as those in the neck known as ‘King’s Evil.’

874. ‘The intelligent, active boy, who comes home one day from school with a limp, complaining of his *knee*, and who, after long suffering, we see at the sea-side crippled for life with hip-joint disease, is another instance of the strumous taint.’*

875. It often also attacks joints and bones in children, leading to long, exhausting disease and deformity, and the hip-joint is that most commonly affected.

876. Strumous disease of the eye is common in scrofulous

* Dr. Fothergill.

children. The eyelids are red, unhealthy, and discharge a watery matter; the pupil has small ulcers on it; there is great intolerance of light, with profuse flow of tears.

877. To treat this form of eye-disease, pure air and good food are of the first importance, a shade over the eyes the next, iron and tonics (See Appendix, 30), with the application of belladonna or poppy lotion to the eyes twice a day, and citrine ointment to eyelids. (See Appendix, 53.)

878. Children affected with scrofula have generally pasty complexions, large heads, narrow chests, soft muscles, a languid, feeble circulation, thick lips, large, weak, watery eyes, and light or auburn hair.

879. In treating this disease, special regard must be paid to improve the constitutional stamina, and this is to be done with change of air to the sea-side, warm clothing, good food, plenty of fats, and such tonics as the syrup of the iodide of iron. (See Appendix, 8, 30, 50, 53.)

880. Dr. Ellis says: 'It will be wise to keep such a child to good cow's milk, impregnated with mutton-suet, according to the plan of Dr. Paris; to give it weak veal broth and other light broths; to let it have its potatoes mashed with milk, and be careful in the use of vegetables. Such children should be warmly clad, not suffered to run with their bare legs exposed to the cutting east winds, as so many in London do, or to be cooped up in a perambulator, with the wind full in their faces, until they are blue and cold. *A strong child will live through such things; they are not good for them, but strong children survive them; strumous children will not.*

881. Mercury in all its forms is injurious to scrofulous children, therefore beware of Steedman's Powders and other quack medicines.

SHINGLES.

882. This disease is common in childhood, and consists in clusters of watery pimples in the form of a band on the right side of the body, encircling half of it.

The eruption rarely continues more than two or three

weeks. It causes burning and tingling of the part, but leaves *no* scar, and is not dangerous.

884. It is popularly supposed that a fatal result follows, if the shingles encircle the body. It is needless to say this is nonsense.

885. The only treatment required for this affection is gentle aperients (See Appendix, 19), and to relieve the irritation, a little zinc ointment to the part, or a lead lotion (See Appendix, 40) without spirit in it.

886. After the eruption passes off, it is not unusual for the part to be attacked with neuralgia. This is best relieved by belladonna liniment applied twice a day. (See Appendix, 41.)

887. The rash that attacks the lips during the course of a cold is a form of this disorder, and a little cold cream or vaseline will relieve the irritation it causes.

SNUFFLES.

888. This common affection in infants generally begins with feverishness, and a snuffling sound in breathing and sneezing.

889. The discharge from the nose dries and forms a crust, which, filling the nostrils, impedes the breathing, and prevents the infant properly sucking.

890. The nostrils should be frequently washed and cleaned, then smeared with a little simple ointment, and a mild sweating medicine given (see Appendix, 24), with warmth and breast milk only.

891. This disease is often caused by washing the child in too cold a room or water, or exposing it to draughts, etc.

892. This ailment appearing in pale weakly children about six weeks after birth, is often due to hereditary taint,* and requires grain doses of grey powder twice a day for some time for its cure. (See Appendix, 5. See 'Ailments of Suckling.')

* The great mortality in infant life in large towns, and especially garrison towns, is due to this cause among others, and though laws have been passed which have reduced this most preventible disease, they have never found favour in England.

SQUINTING.

893. This is due to unequal contraction of one or more of the muscles that move the eye. 'As long as the squint is alternating, there is no danger to the vision.'

894. When it occurs in children, it is best to operate early, even if it requires re-doing a few years later; but exercising each eye alternately should first be tried.

895. The operation consists in dividing the offending muscle, which liberates the eye, and enables the child to use both simultaneously, when the operation is successful.

SPRAINS.

896. A sprain in a child often causes sickness and fainting; the symptoms are great pain and swelling of the affected joint, generally the wrist or ankle, and partial loss of power.

897. The remedy is complete rest and the application of cold poppy-head lotion, with a purgative and low diet, and the application of anodyne liniment. (See Appendix, 41.)

TERRORS, NIGHT.

898. This affection of childhood, often arising from worms, teething, or indigestion, causes great alarm to parents.

899. The child awakens from sleep—generally two or three hours after going to bed—in great terror, and with loud screams points to some imaginary object in the room or bed. Presently it gets more composed, and falls asleep again.

900. These attacks sometimes come on every night, or at intervals of a week or two, and seem to run in families, especially in the children of nervous hysterical parents.

901. The treatment consists in soothing the child during the fit, and after, if it is from teething, and the gums are *swollen and tender, lancing them*, but not otherwise.

902. If it arises from worms, a dose of santouine will cure. (See Appendix, 42.)

903. Where the fit is due to an overloaded or deranged stomach, a good purgative, and a tonic mixture afterwards, will be desirable. (See Appendix, 15, 35).

904. It must not be forgotten that starting in sleep is one of the early symptoms of brain disease in scrofulous children. (See 'Brain Disease.')

TONSILS, ENLARGED.

905. This is a common complaint in scrofulous children; the tonsils appear so large as almost to block up the throat, and there is difficulty in swallowing, with thickness of speech, and slight deafness.

906. A child with enlarged tonsils snores in its sleep; and with a very little 'cold,' the accumulation of sticky phlegm at the back of the throat causes distressing difficulty in breathing.

907. The difficulty in swallowing causes impaired nutrition; the child wastes, and becomes pale and unhealthy.

908. The best remedy for this disease, if astringent gargles (See Appendix, 38) fail, is to have them cut off; but before doing this, the application of lunar caustic a few times, cod-liver oil, and tonics (See Appendix, 37), may be tried.

TOOTHACHE.

909. Rickety and scrofulous children suffer from early decay of the teeth and toothache, which from its constant recurrence causes general derangement of health.

910. In such cases, if extraction is not advisable, the best plan to relieve pain is to clear out the cavity with a little cotton wool, then put in a small piece of that material saturated with pure carbolic acid. The effect of this is, instantaneous relief.

911. Care should be taken that the acid does not touch the tongue or gums, as it blisters.

UVULA, ELONGATION OF.

912. The uvula is the little tongue that hangs in the centre at the back of the throat.

913. In delicate children it is not unusual for this to become enlarged and pendulous. In this case it irritates the wind-pipe and produces an inclination to vomit at times, with a nasty, troublesome, tickling cough.

914. Where astringent gargles and those tonics which improve the general health do not remedy the disease, surgical interference becomes necessary. (See Appendix, 30, 38.)

915. The operation consists in snipping off about two-thirds of the uvula. It is free from danger, but should be done by a medical man.

WHITLOW.

916. This causes deep-seated inflammation in the finger, with great pain, swelling, and redness. It requires early opening with the lancet, otherwise it results in destruction of the bone and loss of the finger.

917. In this affection poulticing will NOT bring the matter to the surface, as it forms in the sheaths of the tendons, so that it requires surgical aid for its relief.

WINDPIPE, INFLAMMATION OF. (See 'LARYNGITIS.')

WORMS.

918. Children with weak habit of body, badly fed, especially on uncooked animal food, are the principal sufferers from worms.

919. The symptoms of worms in children are: variable appetite, fœtid breath, picking of the nose, fulness of the belly, grinding of the teeth during sleep, short dry cough, slimy stools, fever, and dark rings under the eyes.

920. The irritation they cause will often simulate a sharp attack of fever, commonly called worm fever.

921. Convulsions and fainting fits are not unfrequently caused by worms in their movements in the intestines.

922. The small threadworm usually occupies the *lower* bowel, the long roundworm the stomach and intestines, and the tape-worm the whole digestive track.

923. The best remedy for the thread and round worm is a good purgative, followed by a santonine powder, and an enema of strong salt and water. (See Appendix, 15, 42.)

924. Tape-worm requires first a dose of castor-oil, followed by oil of male fern, of which fifteen drops should be given a child ten years old in mucilage, early in the morning.

925. After the removal of the worms, a tonic, with fruit diet and well-cooked food, are essential; and it is not too much to say that *properly fed* children do not suffer from these loathsome parasites. (See Appendix, 35; and 'Invalid Cookery,' 32, 33, etc.)

ECZEMA.

926. The late Dr. Fox considered eczema as a 'catarrh of the skin.' In this disease in its commonest form the skin discharges a watery matter, which stiffens like starch, and dries into thin yellow crusts. This form is not considered contagious.

927. Another form of this disease, called 'Impetigo,' commences in pimples, with watery heads, that enlarge into yellow crusted patches, and the fluid that exudes, blisters. The glands in the neighbourhood of this disease enlarge, and may be felt beneath the skin. It is supposed to be contagious, and spreads by children wearing each others' caps, etc.

928. Infantile eczema causes heat, itching, pain, and excoriation; the pustules exude a fluid which cakes and crusts over the head—cradle cap—and skin, and the disease wears the child out with its itching. The child looks ill and miserable, loses flesh, and is excessively irritable. This form occurs in scrofulous unhealthy children. Where this disease extends to the eyelids, they are found sticking together in the morning, and the eyelids become everted and thickened.

929. In the early stage of eczema a good purge of calomel and jalap, followed by gentle aperients is the first indication. The parts should be rubbed over with benzoated zinc ointment, procurable at any chemists.

930. The scabs on the head should be removed by poulticing before applying the ointment, and the parts affected with this disease *should never be washed with soap, plain or scented.*

931. In all forms of eczema, to effect a thorough cure, alterative and tonic medicines are necessary, and the health should be improved with fresh air, sea-bathing, nourishing diet, fruits—in children—cod-liver oil, and preparations of arsenic and iodine. (See Appendix, 6, 8.)

PRESCRIPTIONS FOR INFANTS AND CHILDREN.

In each of the following prescriptions the dose given will be for a child *a year old*, excepting where otherwise marked ; in calculating the dose for younger or older children, go by the following table :

3 months	- -	$\frac{1}{2}$ a teaspoonful,	or	-	$\frac{1}{2}$ grain
6 "	- -	a teaspoonful,	or	-	1 grain
1 year	- -	2 tea-spoonfuls,	or	-	2 grains
3 years	- -	3 tea-spoonfuls,	or	-	3 "
4 "	- -	1 table-spoonful,	or	-	4 "
8 "	- -	3 dessert-spoonfuls,	or	-	6 "
14 "	- -	2 table-spoonfuls,	or	-	8 "

A proper measuring-glass should always be used, as spoons differ in size so much, and the above table is the nearest that can be given, and will safely apply to *all* medicines that do *not* contain *opium* or *mercury*, the doses of which drug in the following prescriptions are carefully regulated.

Dr. Tanner says : 'The skill of a physician is shown by the administration of the proper remedy, in the proper quantity, at the proper time. A druggist's apprentice can tell what drugs will purge, vomit, or sweat, but a man must be practically conversant with disease to be able to rightly apply his knowledge to the requirements of *any* particular case.'

'Never give a child any quack medicine, *i.e.*, *one the composition of which is kept a secret*, or be advised by others to do so ; the end and aim of treatment is not only to restore health, but to do this *safely, speedily, and pleasantly*.'

NURSERY DRUGS.

The following drugs should be kept in every house for cases of emergency, especially those marked in italics :

	Dose : One Year.	Four Years.
Alum - - -	- 1 to 2 grains	4 to 6
<i>Antimonial Wine</i> - -	- 1 minim	2 to 3
<i>Black Draught</i> -	- Not suitable	1 $\frac{1}{2}$ tea-spoonfuls

	Dose : One year.		Four years.
<i>Bromide of Potassium</i> -	1 grain		2 to 3 grains
<i>Calomel</i> -	1 "		2 to 3 "
<i>Carbonate of Magnesia</i> -	3 or 4 grains		8 to 10 "
" of <i>Soda</i> -	2 grains		3 to 5 "
<i>Castor-Oil</i> -	1 tea-spoonful		2 tea-spoonfuls
<i>Chloral</i> -	Not suitable		2 to 3 grains
<i>Chloric Æther (Spirits of Chloroform)</i> -	2 minims		4 to 6 minims
<i>Citrate of Iron and Quinine</i> -	"		1½ to 2 grains
<i>Cod-liver Oil</i> -	½ tea-spoonful		1 tea-spoonful
<i>Confection of Senna</i> -	Not suitable		½ "
<i>Dover's Powder</i> -	½ grain		3 grains
<i>Dill Water</i> -	2 tea-spoonfuls		1 table-spoonful
<i>Epsom Salts</i> -	Not suitable		1 dram
<i>Essence of Ginger</i> -	2 or 3 drops		5 to 6 drops
<i>Essence of Peppermint</i> -	1 to 2 "		4 or 5 "
<i>Grey Powder</i> -	1 to 2 grains		4 or 5 grains
<i>Ipecacuanha Wine</i> * -	1 drop		2 or 3 drops
<i>Tincture of Lavender</i> -	2 drops		5 or 6 "
<i>Lime-Water</i> -	1 tea-spoonful		2 or 3 tea-spoonfuls
<i>Mustard</i> -	Not suitable		
<i>Paragoric Elixir</i> -	5 or 6 drops		15 or 20 drops
<i>Pepsine</i> -	"		1 or 2 grains
<i>Quinine Wine</i> -	—		1 or 2 tea-spoonfuls
<i>Sal Volatile</i> -	2 or 3 drops		10 or 12 drops
<i>Sweet Spirits of Nitre</i> -	5 drops		10 to 25 "
<i>Syrup of Senna</i> -	1 tea-spoonful		2 tea-spoonfuls
<i>Tincture of Bark</i> -	—		20 to 30 drops

Also, for external use :

Belladonna Liniment.

Tincture of Iodine.

Adhesive Plaster.

Lint.

Clinical Thermometer.

Glycerine.

Zinc Ointment.

Condy's Fluid.

Small Scales.

Enema Apparatus.

* As an emetic in croup ½ tea-spoonful for either age.

MEDICAL SIGNS.

The following are the signs used by medical men in prescriptions :

Oj	or one pint.
℥j	„ one ounce.
ʒj	„ one dram.
ʒj	„ one scruple.
℥j	„ one minim.
gr. j	„ one grain.
ss	„ { one half ; as ʒss, half a dram ; ʒjss, a dram and a half.
āā	„ ‘of each substance.’

The quantities in prescriptions are usually—

APOTHECARIES' MEASURE.

WEIGHTS.

SIGN.

gr.	=	1 grain.
ʒ	=	1 scruple = 20 grains.
ʒ	=	1 dram = 3 scruples.
℥	=	1 ounce = 8 drams.

MEASURES.

1 ℥	=	min.
1 fluid dram	=	1 fl. drm. = 60 minims.
1 fluid ounce	=	1 fl. oz. = 8 fluid drams.
1 pint	=	O = 20 fluid ounces.

All powders used in the nursery should be kept in a *dry* place, and in stoppered bottles if possible.

The cork should be always kept well pressed down in a medicine bottle, otherwise the medicine would soon lose its effect.

Medicines for children should be made as palatable as possible, and in the least bulk.

Drugs and poisonous medicines should be kept carefully locked up.

APPENDIX.

(For Table of Doses, see page 116.)

(All doses, *not otherwise specified*, are for the age of one year.)

ANTACIDS.

Drugs that correct acidity of the secretions.

1. Take of bicarbonate of potash $\frac{1}{2}$ a dram, sal volatile $\frac{1}{2}$ a fluid dram, tincture of orange-peel 1 fluid dram, syrup of ginger 2 fluid drams. Water up to $1\frac{1}{2}$ fluid ounces.

Dose for a child one year old, two teaspoonfuls three or four times a day.

In acidity of the stomach, in teething, when the milk comes up curdled, or in acidity of the urine, where the buttocks are sore.

2. Take of white bismuth 10 grains, carbonate of magnesia 20 grains, liquid extract of cinchona bark 20 minims, syrup of ginger 2 drams. Water up to $1\frac{1}{2}$ ounces.

Two teaspoonfuls three times a day.

In acidity of the stomach, painful digestion, and dysentery.

3. Take of bicarbonate of potash 12 grains, lime-water 1 fluid ounce, syrup of orange-peel $\frac{1}{2}$ fluid ounce.

Two teaspoonfuls three times a day for an infant four or five months old.

In acidity of the stomach, in the vomiting of teething, and kindred ailments of infancy.

4. Take of carbonate of ammonia 6 grains, chlorate of potash 18 grains, compound tincture of camphor 1 fluid dram, syrup of orange-peel $\frac{1}{2}$ fluid ounce. Water up to $1\frac{1}{2}$ ounces.

In acidity of the stomach in dry-nursed, weakly children, in the sickness of incipient disease and fever.

ALTERATIVES.

Medicines that remedy vitiated secretions, and cause absorption of glandular enlargements.

5. Take of grey powder 9 grains, Dover's powder 4 grains, powdered sugar 5 grains. Divide in 6 powders.

One to be taken night and morning.

In diarrhœa, with unhealthy motions in mild dysentery, and in infantile sluggish liver.

6. Take of iodide of potash 9 grains, Fowler's solution of arsenic 6 minims, spirits of chloroform 10 minims, tincture of nux vomica 6 minims. Water up to $1\frac{1}{2}$ ounces.

Two teaspoonfuls three times a day after meals.

In chronic skin diseases, canker.

7. Take of tincture of nux vomica 24 minims, tincture of belladonna 18 minims, spirits of chloroform 40 minims, decoction of bark 3 fluid ounces.

One teaspoonful three times a day.

In severe vomiting, bed wetting.

8. Take of syrup of the iodide of iron $\frac{1}{2}$ fluid dram, liquid extract of sarsaparilla $\frac{1}{2}$ fluid dram. Water up to $1\frac{1}{2}$ ounces.

In tubercular and scrofulous disease, enlarged tonsils and neck glands, rickets, caries, etc.

9. Take of bromide of potash 6 grains, ipecacuana wine 12 minims, syrup of poppies 1 fluid dram, decoction of senega up to $1\frac{1}{2}$ ounces.

Two teaspoonfuls every four hours.

In whooping-cough, false croup, painful teething with threatened convulsions.

ANTISPASMODICS.

Medicines which control irregular action of nerves.

10. Take of ammoniated tincture of valerian 18 minims, compound tincture of camphor 1 fluid dram, spirits of chloroform 12 minims, peppermint-water up to $1\frac{1}{2}$ ounces.

Two teaspoonfuls for a dose.

In flatulent colic, spasms.

11. Take of spirits of ether and spirits of chloroform each 12 minims, compound tincture of cardamons 1 fluid dram, syrup of ginger 2 fluid drams. Water up to $1\frac{1}{2}$ ounces.

Two teaspoonfuls every four hours.

In flatulence, stomach ache, spasm, colic.

ASTRINGENTS.

Medicines used to check over-secretion—such as diarrhoea, or hemorrhage, etc.

12. Take of prepared chalk and acacia powder each $\frac{1}{2}$ dram, tincture of catechu $\frac{1}{2}$ fluid dram, compound tincture of

camphor 1 dram, syrup of ginger 2 fluid drams. Water up to 2 fluid ounces. Mix.

Two teaspoonfuls every three or four hours.

In diarrhœa.

13. Take of alum 12 grains, dilute sulphuric acid 12 minims, tincture of opium 4 minims, syrup of orange-peel 2 fluid drams. Water up to 1½ ounces.

Two teaspoonfuls every three or four hours.

In obstinate diarrhœa, in chronic dysentery, and the diarrhœa of typhoid fever.

14. Take of gallic acid 6 grains, dilute sulphuric acid 12 minims, syrup 2 fluid drams, infusion of orange-peel up to 1½ ounces.

Two teaspoonfuls every three or four hours.

In bleeding from the bowels or nose, in obstinate diarrhœa.

CATHARTICS, FOR CHILDREN.

Medicines that cause increased flow of the secretions of the bowels.

15. Take of calomel 1 grain, powdered ginger 1 grain, powdered jalap 3 grains. Mix.

Sufficient for a child three years old.

In teething affections, biliousness, determination of blood to the head, fits.

16. Take of manna 2 drams, dill water 1 fluid ounce.

Two teaspoonfuls occasionally.

A very mild aperient for very young infants.

17. Take of sweet essence of senna and peppermint-water of each 2 fluid drams. Mix.

A pleasant laxative draught for a child from two to four years old.

18. Take of manna 2 drams, carbonate of magnesia ½ dram, tincture of rhubarb 1½ drams, syrup of roses 2 drams. Water up to 1½ ounces.

Two teaspoonfuls twice a day.

In acidity of the stomach, with diarrhœa, and unhealthy motions during teething.

19. Take of syrup of senna, tincture of rhubarb and syrup of orange-peel, each 1½ drams, infusion of orange-peel up to 1 ounce.

Two teaspoonfuls for a dose, and repeated where a brisk purgative is required.

20. Take of tartrate of potash 3 drams, tincture of cardamons 1 dram, sal volatile 12 minims, syrup of senna 4 fluid drams. Water up to 3 fluid ounces.

A tablespoonful for a child six years old, every two hours until purged.

In indigestion from an overloaded stomach, and in dropsy, mumps, boils, etc.

DIURETICS.

Drugs which cause increase in the flow of urine.

21. Take of nitrate of potash 12 grains, spirits of nitric ether 20 minims, syrup of ginger 2 fluid drams. Water up to 1½ ounces.

Two teaspoonfuls every four hours.

To promote secretion of urine:

22. Take of solution of acetate of ammonia 1 dram, spirits of nitric ether 2 drams, syrup of roses ½ fluid ounce. Water up to 3 ounces. Mix.

Two teaspoonfuls every four hours.

In febrile attacks in the early stage of fevers.

23. Take of spirits of juniper 25 minims, spirits of nitric ether ½ fluid dram, syrup of orange-peel 3 fluid drams, infusion of buchu up to 1½ ounces. One teaspoonful three times a day.

In dropsy.

EXPECTORANTS.

Medicines which loosen phlegm and ease cough and relieve the breathing.

24. Take of solution of acetate of ammonia ½ a dram, compound tincture of camphor ½ fluid dram, spirits of nitric ether ½ fluid dram, simple syrup 2 fluid drams. Water up to 1½ ounces. Mix.

Two teaspoonfuls every four hours.

In coughs, colds, and to promote perspiration.

25. Take of ipecacuanha wine 1 fluid dram, compound tincture of camphor 2 fluid drams, spirits of sal volatile ½ fluid dram, syrup ½ ounce. Water up to 3 ounces. Mix.

A teaspoonful every one or two hours.

In bronchitis, inflammation of the lungs, and severe cough.

26. Take of ipecacuanha wine ½ dram, oxymel of squills 1 dram, carbonate of ammonia 9 grains, decoction of senega up to

1½ ounces. Mix. For a child of four years old one teaspoonful every three or four hours.

In bronchitis, when the phlegm is difficult to get up.

SEDATIVES.

Remedies which induce sleep and relieve pain.

27. Take of bromide of potassium 8 grains, syrup of orange-peel 3 drams. Water up to 1½ ounces.

Two teaspoonfuls every four hours.

In sleeplessness, restlessness, false croup, whooping-cough.

28. Take of tincture of opium 6 drops, syrup of saffron 2 fluid drams. Water up to 1½ ounces.

One teaspoonful every four hours.

In cases where opium is indicated, such as dysentery, colic.

29. Take of ipecacuanha wine 15 minims, antimonial wine ½ fluid dram, compound tincture of camphor 20 minims, syrup of squills 4 fluid drams, mucilage of acacia 4 fluid drams. Water up to 1½ ounces. Mix.

One teaspoonful every four hours.

In bronchitis and croup.

TONICS.

Drugs which give tone to the system, and improve the appetite and blood.—Blood restorers.

30. Take of phosphate of iron 40 grains, dilute phosphoric acid 1½ fluid drams, syrup of orange-peel 1 fluid ounce. Water to make up 4 fluid ounces. Mix.

Two teaspoonfuls three times a day.

A syrup of the phosphates of iron, lime, soda and potash is made up and sold by chemists by the name of 'Chemical-Food,' and is of great value in all forms of scrofulous disease, rickets, and general debility in infants and children.

31. Sulphate of quinine 3 grains, sulphate of iron 6 grains, spirits of chloroform 20 minims. Water up to 3 ounces.

One table-spoonful three times a day for a child five years old.

In debility with poverty of blood after fever, etc., in neuralgia, in St. Vitus's dance, and other nervous diseases.

32. Take of dilute nitric acid 10 minims, syrup of orange-peel ½ fluid ounce. Water up to 1½ ounces. Mix.

Two teaspoonfuls three times a day.

In typhoid and other fevers.

33. Take of citrate of quinine and iron 40 grains, tincture of

orange-peel 2 fluid drams, syrup of orange-peel 1 fluid ounce. Water up to 6 ounces. Mix.

A teaspoonful three times a day for a child a year old.

A pleasant tonic in the debility of scrofulous children.—DR. ELLIS.

34. Take of dilute sulphuric acid 16 minims, tincture of orange-peel 1 fluid dram, syrup and cinnamon water each 2 drams, infusion of orange-peel 1 ounce.

A teaspoonful three times a day for a child a year old.

In vomiting from weak and irritable stomach.—DR. WEST.

35. Take of quinine 6 grains, tincture of nux vomica 12 minims, dilute phosphoric acid 40 minims, syrup of orange-peel 1 fluid ounce. Water to 3 ounces. Mix.

One tablespoonful three times a day for a child six years old.

In debility after fever, and as a tonic in cases requiring such.

36. Take of dilute nitro-muriatic acid 12 minims, extract of taraxicum $\frac{1}{2}$ dram, spirits of chloroform 12 minims, infusion of orange-peel 3 ounces.

Dose for a child two years old, one tablespoonful three times a day.

In biliousness, sluggish and enlarged liver, jaundice, etc.

37. Take of tincture of iron $1\frac{1}{2}$ dram, chlorate of potash $\frac{1}{2}$ dram, syrup $\frac{1}{2}$ ounce. Water up to 3 ounces. Mix.

Two teaspoonfuls every four hours.

In diphtheria, ulcerated throat.

ASTRINGENT GARGLE.

38. Take of burnt alum 2 drams, tincture of capsicum 1 fluid dram, syrup of orange-peel 1 fluid ounce. Water to 8 ounces. Mix.

In hoarseness, sore throat, relaxed tonsils.

BORAX AND HONEY.

39. Take of powdered borax 1 dram, honey 1 ounce. Mix.

In sore mouth, the thrush, and 'white mouth' of infants.

COLD LOTION.

40. Solution of the acetate of lead 2 fluid drams, spirits of wine 2 fluid drams, spring water 6 fluid ounces. Mix. Linen cloths wet with this lotion to be applied to the part affected, and changed as often as they become warm or dry.

sprains, erysipelas and burns.

AN ANODYNE LINIMENT.

41. Take of belladonna liniment and compound camphor liniment each 1 ounce. Mix and rub in gently.

In sprains, pleurisy, rheumatism, chilblains, neuralgia, and other painful affections.

WORM POWDER.

42. Take of santonine 2 grains, powdered sugar 2 grains.

To be taken by a child of two years old before breakfast in warm milk.

To destroy round worms in children.

LINSEED-MEAL POULTICE.

43. Heat the basin in which the poultice is to be made with boiling water, then empty it, and put into it again as much boiling water as will be necessary to make the poultice; sprinkle the meal into the water, stirring briskly, until the proper consistence is obtained; lastly, stir in a small quantity of olive oil. For children, the poultice should be spread half an inch thick, and a piece of thin flannel put next the skin will enable it to be put on very hot, and so retain its heat longer.

In the early stage of pleurisy, inflammation of the lungs, bronchitis, etc., it relieves internal congestion, by drawing the blood to the surface, and by the slight irritation it causes; it should be changed every two hours when used for bronchitis and other inflammations.

STARCH POULTICE.

44. Add cold water to the starch, according to the quantity required; mix to a nice consistence; then add boiling water to make the poultice of a soft jelly-like substance, and apply like linseed-meal poultice.

This does not irritate the skin, and allays swelling and redness rapidly.

MUSTARD POULTICE FOR CHILDREN.

45. Take of mustard $2\frac{1}{2}$ parts, linseed-meal powdered fine $2\frac{1}{2}$ parts, water 10 parts. Mix the linseed-meal with the water and add the mustard, stirring constantly. Spread on linen the size required, and put muslin between it and the skin.

Useful in bronchitis and internal inflammatory diseases by drawing the blood to the surface, and causing counter irritation.

SALT-WATER BATH.

46. Take of common bay salt 4 ounces, common salt 1 ounce, water, warm or cold (according to season, etc.), 4 gallons.

To be used every morning in scrofulous and tubercular diseases of childhood, in rickets and general debility, to strengthen the constitution. The body on emerging from the bath should be dried with a coarse towel.

EYE-WATER.

47. Take of sulphate of zinc 6 grains, wine of opium 1 fluid dram, rose water 6 fluid ounces. Mix.

In cold in the eyes, sore and inflamed eyes.

CARRON OIL.

48. Equal parts of lime-water and linseed oil.

Useful in burns, should be applied on old calico.

DISINFECTING LOTION OR INJECTION.

49. Take of pure carbolic acid 2 drams, rain water or rose water 1 pint. Mix.

For injecting up the nose or into the ear, in the offensive discharges of scrofulous children after fever.

COD-LIVER OIL.

50. *A most valuable remedy in rickety, scrofulous children, and in those of consumptive parents, suffering from debility.*

51. A young child should begin with a few drops given at bed-time, this may be increased to a teaspoonful twice or thrice a day, in rickets, with an equal part of lime-water; where it cannot be taken internally, a teaspoonful may be rubbed into the bowels before the fire, daily.

PURGATIVE ENEMA.

52. Take of castor oil 2 drams, thin warm gruel 3 ounces.

Sufficient for a child a year old.

In congestion of the brain and in other diseases where a purgative cannot be given by the mouth.

DILUTE CITRINE OINTMENT.

53. *Useful in sore eyelids, and in the ulcers of scrofulous children.*

ASTRINGENT LOTION OR INJECTION.

54. Take of tincture of iron 80 minims, water 6 ounces.
Mix.

In falling of the bowel, bleeding at the nose.

SALICYLATE OF SODA MIXTURE.

55. Take of salicylate of soda 30 grains, syrup of orange-peel $\frac{1}{2}$ fluid ounce. Water up to 3 ounces.

One table-spoonful every four hours for a child of six years old.

In rheumatic fever.

NUTRIENT ENEMA.

56. Take of beef-tea $1\frac{1}{2}$ ounces, cream $\frac{1}{2}$ ounce. Mix.

To be injected warm up the bowel every two or three hours.

In acute inflammation of the stomach, in obstinate vomiting.

Where food cannot be taken by the mouth.

ARSENIC MIXTURE.

57. Take of Fowler's solution of arsenic 12 drops, liquid extract of bark 20 drops, syrup $\frac{1}{2}$ ounce. Water up to $1\frac{1}{2}$ ounces.
Mix.

One teaspoonful to be taken three times a day after meals for a child a year old.

In eczema and other skin diseases.

NURSERY DIET AND INVALID COOKERY.

Milk should enter largely into the food of children for breakfast and supper until they are at least seven years old.

Vegetables should be thoroughly cooked, and potatoes well mashed.

The meat given children should never be underdone, and ought, between the first and second year to be minced fine, that is, until the first dentition is over.

Children require more *heat-producing* than *blood-producing* food, and should *not* have meat more than once a day.*

The heat-producing foods are such things as flour, potatoes, lentils, maize, chocolate, oatmeal, eggs, figs, butter, oils, and nearly all vegetables.

The blood-producing are meats of all kinds. Fish, whiting, eels, etc. as all

At ten years of age a child requires half as much food adult.†

* Dr. Brunton.

† Dr. Ellis.

Of cereals, Indian corn is the most nourishing; next comes oatmeal, then wheat, then beans and peas (dried); these are mostly heat-producers.

The following table indicates the time taken by the stomach to digest the following foods, and will therefore show the most suitable articles of diet for children.

	Hrs.	Mins.		Hrs.	Mins.
Apples, ripe -	1	30	Milk, cold or boiled	2	0
Apple-dumpling -	3	0	Mutton, roast or boiled	3	0
Baked custard -	2	15	Oyster, raw -	2	30
Beef, roast or boiled	3	0	„ stewed -	3	30
„ salted -	5	30	Parsnips, boiled	2	30
Beet-root -	3	45	Pigs' feet -	1	0
New bread -	3	15	Pork, boiled -	4	30
Stale bread -	2	0	„ roasted -	5	30
Bread and milk	2	0	Potatoes, roasted	2	30
Butter -	3	30	„ boiled -	3	30
Cabbage -	2	0	Rice, boiled soft	1	0
Carrots -	3	15	Sago, boiled soft	1	45
Cheese -	3	30	Suet -	4	30
Codfish -	2	0	Tapioca -	2	0
Fowls -	4	0	Turnips, boiled	3	30
Eggs, raw -	1	30	Tripe -	1	0
„ soft-boiled	3	0	Turkey, roast -	2	30
„ hard -	3	30	Veal, roasted -	5	30
Goose -	2	30	Venison -	1	30
Wild fowl -	4	30			

For the above table and facts I am indebted to Dr. Ellis, and the works of Gouffé, Buckmaster, Delamere, and others; and for the ensuing diet for children in health and sickness, I have drawn from such well-known sources as the works of Fothergill,* Ellis, Coombes, Rundell, Beeton, Buckmaster, Liebig, Dr. William Roberts, and many others.

HUMAN MILK (ARTIFICIAL).

Fresh cow's milk, one pint.

Skim milk, half-pint.

Water (hot), half-pint.

Sugar of milk, one ounce.

* Food for the Invalid.' By J. M. Fothergill, M.D. Macmillan and Co. An excellent book.

Dissolve the sugar of milk in the hot water, and mix. This makes the nearest approach to human milk attainable, and the addition to the above of ten grains of carbonate of soda would prevent it turning sour, and render it more digestible. On this a child would thrive—if obliged to be dry-nursed—for the first seven or eight months of its existence. Referring to the mode of feeding infants in England and Scotland—and these remarks should be taken to heart by *all* mothers, Dr. William Farr, Registrar-General, says :

‘Discarding all lesser differences in these tables, the striking fact appears that it is *convulsions* which is the chief cause of the very high proportion of infantile deaths in England, as compared with Scotland. Thus, in England 35 infants died from convulsions in every 1,000 infants living, but only *six* died in Scotland in every 1,000 from the same cause.

‘There is, therefore, something terribly faulty in the present mode of treating infants in England, and there is the most urgent necessity for something being done to arrest this fearful waste of human life ; for if the English mortality from convulsions were reduced to the Scottish standard, *seventeen thousand lives would be annually saved to England !* These seventeen thousand infants who annually die in England from convulsions above the Scottish proportion are truly lives wasted, and their deaths are truly preventible deaths ; and the saving of these lives, would of itself lower the *total mortality* of infants in England to that of Scotland.

‘There cannot be the slightest doubt that the very high mortality among the nursing children of England is due to the fact that they get spoon-meat far too early in life, before the stomach of the tender babe can digest anything but the mother’s milk. This is indeed the vital difference between the mode of feeding infants in Scotland and in England. As a general rule *no* spoon-meat of any kind is given to infants in Scotland until nine months from birth are expired, or until the child has cut its *front teeth*.’

BAKED FLOUR.

For this purpose good flour should be spread over a tin dish and put in the oven, and baked until it becomes a light brown.

In this case the starch granules are broken up, and the flour becomes easier of digestion for the delicate stomach of the infant.

For this reason, rusks, tops and bottoms, and Robb's biscuits are better for thickening milk than farinaceous articles of diet in the uncooked state.

Hard's Farinaceous Food consists entirely of wheat-flour baked; 'The Prince of Wales' Food' is entirely potato-flour, and all patent foods are merely variations of different farina, with or without its virtue, and none of them are suitable for infants until they are at the very least seven months old.

LIME-WATER.

1. Slacked lime $\frac{1}{2}$ oz.; distilled water (or any pure filtered water), 2 pints.

Put the lime into a stoppered bottle with the water, and shake well for two or three minutes. Allow it to stand until the sediment has fallen to the bottom, and then draw off the clear liquid into a well-stoppered green glass bottle for use.

MILK PUDDING.

2. Take two tablespoonfuls of clean rice or sago; soak in warm water for two hours; then drain off the water. Stir the rice in a pint of milk, add a little sugar, and bake or boil for an hour.

STRENGTHENING DRINK.

3. Beat the yolk of a fresh egg with a little sugar; add a very little brandy; beat the white to a strong froth; stir into the yolk; fill up the tumbler with new milk.

ARROWROOT.

4. Mix two teaspoonfuls of arrowroot smoothly in a basin, with three tablespoonfuls of cold water—see that it is quite free from lumps. Then pour on $\frac{1}{2}$ pint of boiling milk, and stir well.

IMPERIAL DRINK.

5. This is a time-honoured drink in the sick-room, where it was formerly known as 'Potus Imperialis.' It is made by dissolving a dram or a dram and a half of cream of tartar in a pint of boiling water, and flavouring with lemon-peel and sugar. When cold, it may be taken *ad libitum* as a refrigerant drink. It has also slight diuretic qualities which are often of service. Cream of tartar enjoys a wide-spread reputation as a cooling salt, and is consumed very largely by Europeans working in hot climates or hot places, such as the stoke-holes of ships, etc.

TAMARIND WHEY.

6. Stir two tablespoonfuls of tamarinds into 1 pint of milk whilst boiling, and afterwards strain. This is recommended by Dr. Pavy as a refrigerant and slightly *laxative* drink.

TAPIOCA JELLY.

7. One cup best tapioca put to soak with 1 pint of cold water ; when soft, put in a saucepan with one cup of sugar, the rind and juice of one lemon, a little salt, 1 pint more water ; stir until it boils ; turn into a mould ; set to cool ; add one glass of wine if desired.

ARROWROOT WATER, MILK AND CREAM.

8. Boil two teaspoonfuls (or in severe cases more) of the best arrowroot with $1\frac{1}{2}$ pints of water. Add to this $\frac{1}{2}$ pint of new milk slightly boiled, and two tablespoonfuls of cream. Give it through the bottle slightly warmed. For weakly children with disordered bowels.

MILK PORRIDGE.

9. One pint of boiling water ; mix a large spoonful of flour in a little cold water. Stir it into the water while boiling ; let it boil 15 minutes ; then add a teacupful of milk and a little salt. Give one boil.

BROWN AND POLSON'S CORN-FLOUR.

10. To 1 dessert-spoonful of Brown and Polson's Flour, mixed with a wine-glassful of cold water, add $\frac{1}{2}$ pint of boiling water ; stir over the fire for five minutes, sweeten slightly. If the infant is being brought up by hand, this food should then be mixed with milk ; *but don't give it until the infant has cut its first teeth.*

OATMEAL PORRIDGE.

11. Mix a large tablespoonful of oatmeal with 2 tablespoonfuls of cold water. Stir well to bring it to a state of uniformity, and pour into a pint of boiling water in a saucepan. Boil and stir well for ten minutes. Flavour either with salt or sugar as preferred. Milk may be used instead of water, or the boiling may be continued for half an hour, and the porridge turned out into a soup-plate, and cold milk poured over it. Thus prepared, the porridge sets and acquires a solid consistence, and the milk and porridge are mixed

together little by little as they are eaten with a spoon. If the coarse Scotch oatmeal is used—and this is generally considered the best—2 tablespoonfuls may be sprinkled into a pint of boiling water, and stirred and boiled for half an hour. At the end of this time the oatmeal is sufficiently cooked, but many allow the porridge to continue simmering for two or three hours. It may be turned out into a soup-plate, and eaten with milk after the manner above mentioned. *An excellent food for children's suppers.*

CAUDLE.

12. 'Beat up an egg to a froth, add a wine-glassful of sherry and half a pint of gruel; flavour with lemon-peel and nutmeg, and sweeten to taste. I do not profess to know what are the particular virtues of this noted beverage, but I give it a place here because it is too good to omit.*

A VERY STRONG, NOURISHING BROTH.

13. Take of sago, $1\frac{1}{2}$ oz.; cream, $\frac{1}{2}$ pint; the yolks of 5 fresh eggs; strong beef-tea, 1 quart; port wine, 2 glasses; water, $\frac{1}{2}$ pint. Wash the sago thoroughly in cold water; then boil it in $\frac{1}{2}$ pint of water till it is thick and completely softened. Add to it the cream (boiling), and also the yolks of the eggs, well beaten up. Mix thoroughly. Add the port wine. Then pour in the beef-tea, also boiling, and stir well together.

LIEBIG'S FOOD FOR INFANTS.

14. Wheaten flour, seconds, $\frac{1}{2}$ oz., or a large tablespoonful; malt flour, the same quantity; bicarbonate of potash, $7\frac{1}{4}$ grains; water, 1 oz., or 2 tablespoonfuls. Mix the above well together. Then add $\frac{1}{4}$ of a pint of new cow's milk, and put the whole on a gentle fire. When it begins to thicken, remove from the fire, stir for five minutes, heat and stir again, till it becomes quite fluid, and lastly make it boil. Separate the bran by passing it through muslin or a sieve, and when cool enough it is ready for use. It will keep quite good for twenty-four hours.

COARSE PORRIDGE.

15. 'Have ready some boiling water on the fire, with a little salt in it; then sprinkle in the coarse oatmeal, and boil it for 2 hours. People from Yorkshire and Scotland will not touch the fine oatmeal, which they say is only fit for gruel and for sick people.'

* Dr. Fothergill.

SAGO.

16. Put $\frac{1}{2}$ an ounce of sago into an enamelled saucepan with $\frac{3}{4}$ of a pint of cold water, and boil gently for an hour and a quarter. Skim when it comes to the boil, and stir frequently. Sweeten with a desert-spoonful of sifted loaf-sugar. If wine be ordered, two desert-spoonfuls; and if brandy, one desert-spoonful.

TAPIOCA MILK.

17. Half an ounce of the best tapioca to a pint and a quarter of new milk. Simmer gently for 2 hours and a quarter, stirring frequently. Sweeten with a dessert-spoonful of sifted sugar.

HOMINY PORRIDGE.

18. Put to soak in 2 pints and 1 half-pint of boiling water (over night in a tin vessel, with a tight cover) 1 pint of hominy; in the morning place over a brisk fire, and boil for twenty or twenty-five minutes.

HOMINY PUDDING.

19. Take the hominy, soaked over-night, and place in a dish with a pint and a half of milk; put in the oven, and bake for twenty minutes.

BREAD JELLY.

20. Take off the crust of five slices of stale bread, then toast them a light brown. Put them in two quarts of boiling water, with a few slices of lemon; let it boil to a jelly; then strain and sweeten to the taste. To be eaten cold. If the lemon is not liked, the jelly can be flavoured with a little wine, put in at the same time with the sugar. A very delicate article of diet.

STEWED RHUBARB.

21. Cut one pound of rhubarb one inch long, put it into a pan with two tablespoonfuls of water and three ounces of white powdered sugar; stir on a slow fire till tender.

STEWED PRUNES.

22. Wash the prunes, and for every pound allow half a pound of brown sugar and one pint of water. Boil the sugar and water together for ten minutes, and then put in the prunes, and let it boil gently for two hours, or until perfectly tender, so that they break if touched with the finger. Drain the syrup from the

prunes, and boil it until it becomes thick ; then put the prunes back into it, and let them stand until the next day. Flavour with a little lemon.

PORT WINE JELLY.

23. Put an ounce of best isinglass into a perfectly clean saucepan with half a pint of cold water, an inch of cinnamon, and a blade of mace. Stir over the fire till the isinglass is dissolved. Put with it an ounce of sugar and a pint of port. Strain through a jelly-bag, and put it in a cool place to set. This jelly is considered to be extremely nourishing for invalids.

A LIGHT PUDDING.

24. Beat a teaspoonful of flour to a smooth paste, and pour over it a teacupful of boiling milk which has been lightly flavoured with lemon or cinnamon. Add a pinch of salt and a teaspoonful of sugar, and stir until the latter is dissolved. When the milk is cold, strain it, and stir into it a well-beaten egg. Pour the custard into a buttered basin, and bake it in a moderate oven for twenty minutes.

SPANISH BUNS.

25. Rub $\frac{1}{2}$ a pound of fresh butter into a pound of flour ; add a pinch of salt, a little grated nutmeg, and powdered cinnamon, and also six tablespoonfuls of powdered sugar. Mix these ingredients thoroughly, and work them into a paste with four well-beaten eggs. Drop the mixture in knobs upon a floured tin, and bake them for about twenty minutes.

HASTY PUDDING.

26. Put $1\frac{1}{2}$ pint of milk into a saucepan, add a pinch of salt, and when the milk is just boiling up, sprinkle some fine flour with the left hand, and beat well with a fork with the right to keep the flour from getting in lumps. Continue until the pudding is like a stiff thick batter, which it will be when about $\frac{1}{2}$ a pound of flour has been used. Let it boil five or six minutes longer, beating it all the time ; then turn it into a dish with two or three ounces of fresh butter, and serve immediately. Sugar and butter, or thick cream, may be eaten with this pudding.

GOOSEBERRY CUSTARD.

27. Boil a quart of gooseberries in $\frac{1}{2}$ a pint of water ; add a piece of butter the size of a walnut. Boil the gooseberries

quickly, and when soft, pulp them through a sieve. Add $\frac{3}{4}$ of a pound of sugar and the yolks of four eggs. Stir over the fire until thick, but the berries must not boil after the eggs are added.

GOOSEBERRY FOOL.

28. Put the fruit into a stone jar with some good loaf sugar; set the jar on a stove, or in a saucepan of water over the fire; if on the former, a large spoonful of water should be added to the fruit. When it is done enough to pulp, press it through a colander. Have ready a sufficient quantity of new milk and a teacup of cream, boiled together (or an egg instead of the latter), and left to be cold; then sweeten it pretty well with loaf sugar, and mix the pulp by degrees with it.

SEMOLINA PUDDING.

29. Break 4 eggs and beat them well, then boil a pint and a half of milk, and whilst boiling drop into it 3 tablespoonfuls of semolina, and stir for about a quarter-of-an-hour; add 2 ounces of butter and $3\frac{1}{2}$ ounces of sifted sugar, with the grated rind of a lemon. Take it from the fire, and when it is still hot whisk the four eggs briskly into it. Bake it in a moderate oven for half-an-hour. This pudding is especially suitable for children.

STEWED FIGS.

30. Dissolve in an enamelled saucepan $\frac{1}{4}$ pound of fine sugar with a pint of cold water; add to it anything to flavour—orange, lemon, or almond, if preferred. Put into this 1 pound of the best Turkey figs, let them have very little heat, so that they may swell. If properly done this dish will be most excellent, but the figs must be stirred very gently and when tender a glass or two of port wine and a little lemon-juice should be added. When eaten hot, serve with a border of rice; when cold, merely serve on a glass dish. The figs will require about two hours and a half to stew gently.

APPLE FOOL.

31. Take 2 pounds of apples, pared and cored; put them into a saucepan with a cupful of water, 1 or 2 cloves, and sugar to taste. Let them simmer till quite soft, and beat them well with a wooden spoon. Mix with them, gradually, a pint of new milk, boiled, sweetened, and flavoured, and allowed to become cold. Time to simmer the apples, about half an hour.

APPLE CUSTARD.

32. Take 4 pounds of choice apples, and stew them very gently till tender, with a pint and a half of water, 1 pound of sifted sugar, and a little cinnamon. Strain the liquid and stir into it very gradually 8 well-beaten eggs. Put the mixture into a saucepan, and stir it until it thickens, which will be in about ten minutes.

APPLE CREAM.

33. Peel 3 pounds of apples, remove the cores, and cut them in thin slices. Put them into a saucepan with $\frac{1}{2}$ a pound of crushed sugar, the rind of a lemon finely shred, $\frac{1}{2}$ an ounce of ground ginger, and 4 tablespoonfuls of red wine. Let them simmer till they are soft enough to press through a sieve, then put them in a dish and allow them to cool. Boil a quart of cream or new milk with some nutmeg, and add the apples to it, beating all thoroughly together. Let it simmer half an hour.

SUMMER PUDDING.

34. Beat 5 tablespoonfuls of flour smoothly with a $\frac{1}{4}$ of a pint of milk. Add gradually $\frac{3}{4}$ of a pint of boiling milk, and boil the mixture, stirring it all the time for five minutes. Pour it out and let it become partially cool, then add two fresh eggs and half a teacupful of sugar. Beat the batter briskly for a few minutes, and stir in a teacupful of fresh summer fruit of any kind. Put the mixture into a buttered bowl, tie it securely in a floured cloth, plunge it into boiling water, and keep it boiling quickly till done enough. Turn it out and serve immediately. It will require about an hour and a half to boil.

MUTTON BROTH. (FOR AN INVALID.)

35. Boil 2 pounds of the scrag end of a neck of mutton in about 3 pints of cold water, and if the patient can digest vegetables, it will be much improved by the addition of a little turnip, parsley, and onion, all minced fine. Put in the vegetables when the broth boils, and simmer three hours; take off the scum as it rises; strain and let it grow cold, and then take off the fat. If pearl barley be added, it should be boiled as long as the meat, and before being put with it should be boiled in water for ten minutes, drained, and afterwards added to the broth. Veal broth may be made in the same manner; care should be taken to use the knuckle if it can be procured.

RUSK PUDDING.

36. Take 3 ounces of thin rusks. Spread a little butter between them, and press them closely together. Arrange them neatly in a buttered mould, and pour over them a custard made with a pint of milk, the yolks of four eggs, and a little sugar and flavouring. Let the rusks soak for an hour, then steam the pudding, and when done enough serve on a hot dish, with wine or arrowroot sauce poured round it. It will require about two hours to steam.

SACK WHEY.

37. Boil a pint of milk, and as it rises in the pan stir into it three glasses of sherry. Let it boil once more, then drain it back, and let it stand till the curd forms. Filter the whey, sweeten, dilute it or not with a little water, and serve.

STRAWBERRY WATER.

38. Take $\frac{1}{2}$ a pound of finely flavoured strawberries. Bruise them well in a basin with a wooden spoon, and mix with them four tablespoonfuls of finely powdered sugar, and a quarter of a pint of cold water. Rub them through a fine sieve, and filter what passes through the sieve till it is bright and clear. Wash the dregs in the sieve with a little cold water to prevent waste. Add the strained juice of half a lemon and a pint of cold water to the liquor, and put it in ice or in a cool place till wanted.

A REFRESHING DRINK.

39. Take 2 ounces of hartshorn shavings, and boil them in a quart of water; when the hartshorn shavings are quite dissolved, set the liquid aside to settle. Before it is cold, strain it through a *tamie* upon half a lemon sliced thin, and sugar to taste. Cover and let it remain till cold, and then mix with it a large glassful of Moselle or French wine.

DEVONSHIRE JUNKET.

40. Take a large tablespoonful of sifted loaf sugar, and pour over it a large wine-glassful of brandy, and stir until the sugar is dissolved. Add one quart of quite new milk, with a dessert-spoonful of rennet. If the milk cannot be procured fresh from the cow, heat it until it is new-milk warm. Stir it well, then let it remain until it is set, which will be in about two hours, then spread some clotted cream on the top, and strew sifted loaf-sugar over all.

EXTRACT OF BEEF.

41. Take 1 pound of rump steak, mince it like sausage-meat, and mix it with one pint of cold water. Place it in a pot at the side of the fire, and heat very slowly. It may stand two or three hours before it is allowed to simmer, and then let it boil gently for fifteen minutes; skim and serve. The addition of a small tablespoonful of cream to a teacupful of this beef-tea renders it richer and more nourishing. Sometimes it is preferred when thickened with a little flour or arrowroot.—*Dr. Tanner.*

BEEF-TEA.

42. Take 1 pound of beef minced very fine, and put it in a common earthenware teapot, with a pint and a half of cold water. Stand the pot on the hob so that it may simmer for at least three hours. About three-quarters of a pint of good beef-tea will be thus obtained.

INVALID PUDDING.

43. One teaspoonful of flour, one egg, one breakfast-cupful of fresh milk. Mix, tie down in a jam pot, and boil for twenty minutes. Turn out and serve with red currant jelly or butter, as preferred.—*Author.*

BARLEY-WATER.

44. Wash an ounce of pearl barley in cold water three or four times, throwing away the water each time, as it will be very dirty; or boil it for a few minutes, and then throw the water away. Next add about a pint and a half of water, a bit of lemon-peel, and a little sugar. Allow it to simmer, stirring it constantly until it is of a very nice thickness; then strain it, and add lemon-juice. Sweeten to taste.

TURKEY PIE.

45. Take of stale bread, crusts from a loaf, a quantity according to the number of children to be fed, put them in a saucepan and pour on boiling water; place on the fire and boil for five minutes, then strain as much of the water off as possible, turn the bread out into a large basin, and put in as much butter as the same amount of bread would require if cut into bread and butter, and flavour to taste with salt.

This makes a wholesome and pleasant breakfast for children after teething, and tea and milk, in equal quantities, may be given to drink with it.—*Author.*

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